

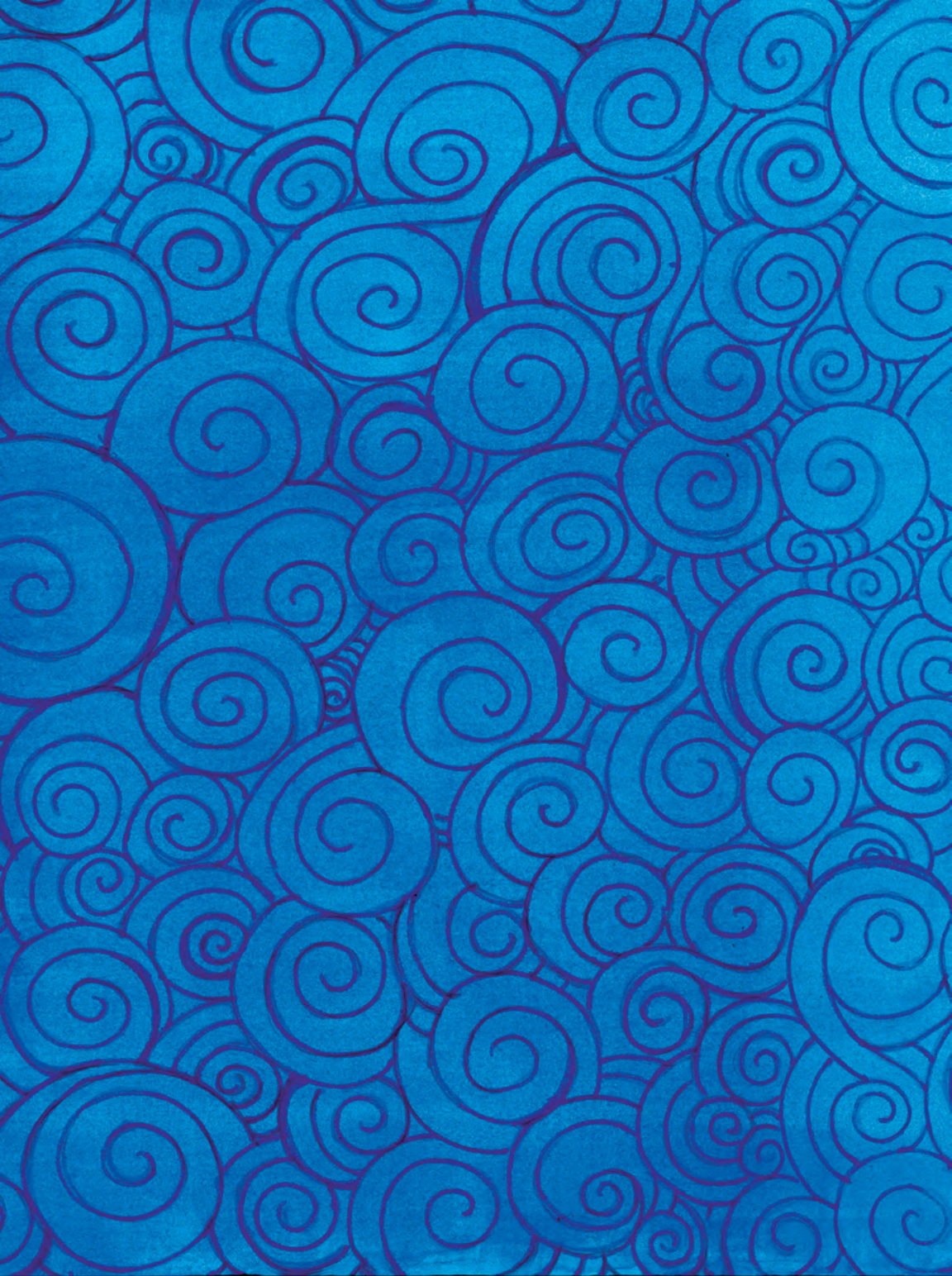


EW'S GUIDE TO EASY EATS

ORDER UP









# ORDER UP

EUGENE WEEKLY'S MENU GUIDE 2005

**Taco Del Mar** pg 4

**Capella** pg 5

**Chao Pra Ya** pg 6

**Anatolia** pg 8

**Tasty Thai** pg 9

**Cornucopia** pg 10

**Mac's** pg 12

**El Vaquero** pg 13

**Laughing Planet** pg 14

**Café Yumm** pg 16

**Penelope's** pg 18

**Los Jarritos** pg 19

**Iraila** pg 20

**Manola's** pg 22

**Sweet Life** pg 23

**Latitude Ten Café** pg 24

**Taste of India** pg 25

**Jaxx** pg 26

**Blue Luna** pg 27

**Tararin Thai Cuisine** pg 28

**Sundance** pg 30

## About the Artist

**Barbara Howell Cooper** is a graphic design student at Lane Community College and an intern at the *Eugene Weekly*.

She is available for freelance illustration or graphic design,

email [barbarahowellcooper@mac.com](mailto:barbarahowellcooper@mac.com)







**Mondo Burritos,  
Rippin' Tacos—  
Fresh, Fast and Filling.**

## BURRITOS

Includes Rice, beans, meat,  
cheese, salsa, *Chips too!*

		Jumbo	With Guac and Sour Cream Super!
Fish (Alaskan Cod)	\$5.29	\$5.99	
Shrimp	\$5.29	\$5.99	
Shredded Beef	\$5.29	\$5.99	
Braised Chicken	\$4.99	\$5.69	
Pork Molé	\$4.99	\$5.69	
Seasoned Ground Beef	\$4.99	\$5.69	
Vegetarian	\$4.39	\$4.99	
Vegan	\$4.39		

Half size Burritos available for \$1.00 less.  
Burritos available in Baja Bowls

## ADD-ONS

Get Wet - Add Enchilada Sauce to your  
burrito for \$1.25

Go Mondo! Double the meat \$1.25

Fresh Guacamole .75

Fresh Salsa, Cheese or  
Sour Cream .49

## TACOS

Includes meat, cheese,  
lettuce, salsa, *Chips too!*

	Two	Three
Fish (Alaskan Cod)	\$4.19	\$5.79
Shrimp	\$4.19	\$5.79
Shredded Beef	\$4.19	\$5.79
Braised Chicken	\$3.99	\$5.59
Pork Molé	\$3.99	\$5.59
Ground Beef	\$3.99	\$5.59

## KIDS MENU

12 years and under. Served  
with chips and a kids drink

Quesadilla	\$2.49
Kid's Taco	\$2.49
Kid's Burrito	\$2.49
Rice & Beans	\$2.49
Chips & Cheese	\$1.99

Taco Del Mar

3007 Delta Highway North

Suite 202

Eugene, OR 97408



## COMBO MEALS

- TWO TACOS** \$6.49  
Rice, beans, small drink.
- ENCHILADA PLATTER** \$6.89  
Two Enchiladas, your choice of meats,  
rice and beans, and a small drink.  
Add Guacamole and Sour Cream \$1.00
- SUPER BURRITO  
PLATTER** \$7.99  
Super burrito, chips, and creamy  
queso sauce.
- HALF JUMBO BURRITO  
AND TACO** \$6.89  
Half burrito, taco, chips, salsa and small  
drink.
- WET BURRITO  
COMBO** \$7.99  
Super burrito enchilada style, chips,  
salsa, and small drink.
- SUPER BAJA BOWL** \$6.99  
Super burrito in bowl (tortilla-less)  
chips and small drink.

## BAJA FAVORITES

Super Meat Nachos	\$5.99
Taco Salad	\$5.59
Meat Quesadilla	\$4.99
Cheese Quesadilla	\$3.99

## EXTRAS

Chips and Queso	\$2.99
Rice and Beans	\$1.99
Chips and Guacamole	\$2.99
Chips and Salsa	\$1.59
Single Taco	\$2.19

## QUENCHERS

SMALL	\$1.39	MEDIUM	\$1.59
LARGE	\$1.79		
Bottled Soda	\$1.79		
Bottled Juices	\$1.79		
Bottled Water	\$1.59		





***A Neighborhood Market  
With World-Class Variety!***

**25th & WILLAMETTE • EUGENE**  
*(former Oasis South location)*

***"Locally Grown, Locally Owned."***

## **Sandwiches**

**Cold:** Albacore Tuna Salad, Classic Chicken Salad, Veggie, Turkey with Cranberry, Smoked Turkey, Black Forest Ham, Spicy Turkey, Roast Beef, Pastrami, Capella Italia, and Greek.

**Hot:** Reuben, Tempeh Reuben, The Rustic, Grilled Pastrami, and Grilled Eggplant.

**Modify or Build Your Own** from our wide selection of breads, meats, cheeses, veggies, and condiments.

## **Soups**

Every day we serve two soups, one vegetarian and one meat- or seafood-based. Call for current soups.

## **Entrées**

The Capella Kitchen staff are always creating tasty entrée dishes, so please check our deli case for the current selection. Favorite entrées usually available include: Veggie & Meat Lasagnas, Stuffed Chicken Breast, Spanakopita, Chicken Dijonnaise, Grilled Tempeh, Pad Thai, Paella, Cashew Curry Chicken, Chile Relleno, Ratatouille, and Chicken Skewers.

## **Salads**

New salads appear often in our deli case. Our regular favorites include Heartland Macaroni Salad, Sundried Tomato Pasta Shells, Chinese Tofu Noodle Salad, Black Bean Corn & Chicken Salad, Albacore Tuna Salad, Chicken Salad, and Potato Salad.

## **Food For Events**

From box lunches to deli platters to entrées, salads, and soups, we can help you with an office meeting, a house party, or a large gathering. Just call and ask our Deli department for assistance!

## **Organic JuiceBar**

**Fresh Squeezed Juices:** Apple, Orange, Grapefruit.

**House Specials:** The Capella (Apple, Carrot, Ginger), The Vega (Carrot, Celery, Beet).

**Build Your Own** from Apple, Beet, Carrot, Celery, Cucumber, Ginger, Grapefruit, Kale, Lemon, Orange, and Tomato.

**Organic Smoothies:** Choose *juice* from Apple, Grape, Raspberry, and Orange. Choose *fruit* from Banana, Blueberry, Mango, Papaya, Strawberries, Raspberries, and Peaches. Choose *extras* from Spirulina, Yogurt, Protein Powder, and Pineapple-Coconut.

**Also Available:** Fresh Organic Wheat Grass Juice!

## **Java Bar**

Capella House Coffees (regular & decaf), Shot In The Dark, Americano, Mocha, Breve, Latte, Just A Shot of Espresso, Cappuccino, Hot Chocolate, Chai, Hot Tea. Also available: Rice/Soy Milk, Extra Shots & Flavors.

**25th & WILLAMETTE • EUGENE • OPEN DAILY 8AM-10PM**  
**(541) 345-1014 • [www.capellamarket.com](http://www.capellamarket.com)**





**580 Adams St., Eugene**  
**(across from Red Apple) • 344-1706**

**MON-FRI** Lunch: 11am-3pm, Dinner: 4:30-9pm

**SAT** 12-9pm • **Sun** 4-9pm

For Delivery Call Pony Express 485-2090

**Please call Restaurant for Full Menu**

### APPETIZERS

- 27. Fried Tofu (12)** ..... \$ 4.95  
 Deep fried diced tofu, served with sweet & sour sauce, topped with ground peanuts.
- 28. Fried Wonton (6)** ..... \$ 4.95  
 Deep fried wonton skin served with sweet & sour sauce.
- 29. Crispy Salad Roll (2)** ..... \$ 4.95  
 Deep fried vegetables and silver noodle wrapped in soft rice paper served with sweet & sour sauce.
- 30. Fresh Salad Roll (2)** ..... \$ 4.95  
 Fresh vegetables and rice noodle, wrapped in soft rice-paper. With sweet & sour sauce, topped with ground peanuts.
- 31. Chicken Satay (4)** ..... \$ 7.95  
 Chicken, marinated in Thai special sauce, mixed with coconut milk, on skewers. With peanut sauce and cucumber salad.
- 32. Thai Tempura (8)** ..... \$ 8.95  
 Your choice of deep fried shrimp, squid or mixed vegetables in batter, with plum sauce.
- 33. Combination Plate** ..... \$9.95  
 Samples of appetizers # 27, 28, 29, & 31.
- 34. Miang Kum Salad** ..... \$8.95  
 Wrap it yourself, lettuce or spinach leaves, coconut flake, ginger, dried shrimp, limes, onion, peanuts and chili served with Thai sweet herb sauce.
- 35. Golden Pumpkin (6)** ..... \$ 5.95  
 Deep fried Asian pumpkin in batter and served with homemade sauce.
- 36. Crispy Shrimp (6)** ..... \$ 7.95  
 Deep fried shrimp, wrapped in soft rice paper, and served with plum sauce.

### SOUPS

- 37. Tom Yum** ....Chicken or vegetarian \$ 7.95  
**Shrimp.... \$ 8.95 Fish.... \$ 10.95**  
 Spicy & Sour soup, made from lemongrass, galangal root, Kaffir leaves and lime juice. Comes with mushrooms, onions, and topped with cilantro.
- 38. Tom Kha** ....Chicken or vegetarian \$ 7.95  
**Shrimp.... \$ 8.95 Fish .....\$ 10.95**  
 Coconut soup, made from coconut milk, simmered with lemongrass, galangal root, Kaffir leaves, and lime-juice. Comes with mushrooms, and onions.
- 39. Tom Nur** ..... \$ 8.95  
 Stewed beef soup with potatoes, carrots, celery, and topped with cilantro.
- 40. Tom Yum Talay** .....\$11.95  
 Spicy & Sour soup with SEAFOOD (Shrimp, Scallop, Squid, Mussel)

### SALADS

- 41. Thai Salad** .....\$7.95  
 Mixed vegetables, hard-boiled egg, and peanut sauce dressing.
- 42. Papaya Salad** .....\$ 7.95  
 Shredded raw papaya with peanuts, tomatoes, green beans, carrots, chili, and lime juice.
- 43. Shrimp Papaya salad** .....\$ 9.95  
 Shredded raw papaya mixed with shrimp, peanuts, tomatoes, green beans, carrots, chili and lime juice.
- 44. Beef Salad** .....\$ 8.95  
 Sliced grilled beef, mixed with spices, lime juice, lettuce, onions, tomatoes, rice powder, and cucumbers
- 45. Spicy Pork Salad** .....\$8.95  
 Ground pork mixed with Thai style chili sauce served with lettuce, cucumbers, and tomatoes.
- 46. Larb** .....\$ 8.95  
 Ground chicken, beef, or pork, mixed with lime juice, onions, rice powder, and topped with cilantro.
- 47. Chicken Salad** .....\$ 8.95  
 Tossed lettuce with lime juice, chili, tomatoes, cucumbers, and onions, topped with grilled lemongrass chicken.
- 48. Shrimp Salad** .....\$ 9.95  
 Cooked shrimp flavored with spicy lime dressing mixed with Thai chili, lettuce, onions, served with cucumbers and tomatoes.
- 49. Squid Salad** .....\$ 9.95  
 Cooked squid flavored with spicy lime dressing mixed with lettuce, ginger, onions, served with cucumbers and tomatoes.
- 50. Seafood Salad** .....\$11.95  
 Cooked shrimp, squid, scallop, mussel, flavored with spicy lime dressing mixed with lettuce, onions, and served with cucumbers and tomatoes.

~~~~~  
 Your Choice Of: (Item # 51-77) Vegetarian, Chicken, Beef or Pork \$ 8.95 Shrimp or Squid \$ 9.95 or Combination Seafood \$11.95

### STIR FRIES

- 51. Phad Ga Prau** - Chili, onions, bell peppers, carrots, and basil leaves.
- 52. Phad Phet** - chili sauce, eggplants, bamboo shoots, onions, bell peppers, carrots, and basil leaves.
- 53. Phad Prik** - chili, onions, bell peppers, water chestnuts, carrots, and basil leaves.
- 54. Phad Prik King** - chili paste, Kaffir leaves, onions, green beans, and ground peanuts.
- 55. Phad King** - chili, ginger, onions, bell peppers, mushrooms, carrots, and black fungus.
- 56. Phad Him Ma Parn** - chili paste, onions, bell peppers, carrots, and cashew nuts.
- 57. Phad Ruam Mit** - cabbage, broccoli, carrots, onions, bell peppers, mushrooms, and baby corns.
- 58. Phad Prieu Wan** - sweet & sour sauce, tomatoes, onions, cucumbers, bell peppers, carrots and pineapple chunks.
- 59. Pa Ram Lonk Sonk** - cabbage, mushrooms, carrots, and broccoli, topped with peanut sauce.
- 60. Phad Tua Ngok**- bean sprouts, onions, mushrooms, baby corns, carrots, and broccoli.

### NOODLES

- 61. Phad Thai** - medium-size rice noodle, egg, onions, fried tofu, bean sprouts, and ground peanuts.
- 62. Phad Se Ew** - wide rice noodle, egg, and broccoli.
- 63. Phad Kee Mao** - wide rice noodle, egg, bamboo shoots, bell peppers, basil leaves, broccoli, bean sprouts, and chili sauce.
- 64. Rad Na** - wide rice noodle, broccoli, carrots, baby corns, and mushrooms in a gravy sauce.
- 65. Crispy Rad Na** - crispy egg noodle, broccoli, carrots, baby corns, and mushrooms, in a gravy sauce.



- 66. Phad Woon Sen** - bean vermicelli noodle, egg, onions, broccoli, carrots, mushrooms.  
**67. Phad Kua Kai** - wide rice noodle with chicken, egg, lettuce and green onions, topped with cilantro.  
**68. Thai Noodle Soup** - rice noodle, bean sprouts and green onions.  
**69. Beef Noodle Soup** - rice noodle in stewed beef with celery, bean sprouts, and green onions.  
**70. Curry Noodle** - rice noodle, basil leaves, cabbage, carrots, mushrooms, and broccoli in red curry sauce.  
**71. Chow Min** - medium-size egg noodle, onions, baby corns, mushrooms, bean sprouts, celery, carrots, and broccoli.

## CURRIES

- 72. Red Curry** - eggplant, bamboo shoots, bell peppers, and basil leaves.  
**73. Green Curry** - eggplant, bamboo shoots, bell peppers, green beans, and basil leaves.  
**74. Yellow Curry** - potatoes, carrots, onions, and bell peppers.  
**75. Mussaman Curry** - potatoes, carrots, onions, and peanuts.  
**76. Pa Nang Curry** - green beans, and Kaffir leaves.  
**77. Gang Puck** - classic Style Red Curry sauce, mixed with cabbage, carrots, mushrooms, broccoli, and peas.

## B. B. Q S

- 81. B.B.Q. Chicken** .....\$ 9.95  
 Chicken marinated in homemade sauce served with cucumbers and tomatoes.  
**82. B.B.Q. Spare Ribs** .....\$ 9.95  
 Spare Ribs marinated in homemade sauce, served with cucumbers and tomatoes.  
**83. Nur Yang** .....\$10.95  
 Top Sirloin Steak, marinated in homemade sauce, grilled and served with Thai style chili sauce.  
**84. Thai Teriyaki** .....\$ 9.95  
 Grilled chicken breast with steamed broccoli, carrots and topped with teriyaki sauce.

## FRIED RICE

- (# 91 & 92) Chicken, Beef, or Pork.....\$ 8.95  
 Shrimp or squid.....\$ 9.95 Combination Seafood.....\$ 11.95  
**91. Khao Phad** - Fried rice with vegetarian or meat, onions, eggs, tomatoes, peas, and served with cucumbers.  
**92. Khoa Pad Ga Prow** - Fried rice with vegetarian or meat, onions, bell peppers, chili, and basil leaves.  
**93. Crab Fried Rice** .....\$13.95  
 Fried rice with egg, onions, peas, carrots, tomatoes, and fresh crab meat.  
**94. Pineapple Fried Rice** .....\$12.95  
 Fried rice with shrimp, egg, cashew nuts, pineapple, and green onions, topped with dry chili.

## HOUSE SPECIALS

- S-1. Cho Chi** .....\$15.95  
 Prawn or Fish, in curry paste with Kaffir leaves, basil leaves, bell peppers, cabbage, and snow peas.  
**S-2. Garlic Prawn** .....\$15.95  
 Prawns, cooked in homemade garlic sauce with celery, cabbage, carrots, celery and broccoli.  
**S-3. Sweet and Sour Fish** .....\$11.95  
 Deep-fried Trout, topped with sweet & sour sauce, mixed with pineapple, bell peppers, onions, tomatoes, cucumbers, and sweet basil leaves.  
**S-4. Pla Jian** .....\$11.95  
 Deep-fried Trout, topped with ginger, mushrooms, onions, bell peppers, celery, and ground chicken.  
**S-5. Spicy Catfish** .....\$11.95  
 Catfish, mixed with onions, carrots, bell peppers, basil leaves, eggplants, and chili paste.

- S-6. B.B.Q. Chicken with Shrimp Fried Rice** . \$12.95  
 Chicken marinated in homemade sauce with SPECIAL shrimp fried rice.

- S-7. B.B.Q Spare Ribs with Shrimp Fried Rice** . \$12.95  
 Spare ribs marinated in homemade sauce with SPECIAL shrimp fried rice.

- S-8. Seafood Garden** .....\$13.95  
 Shrimp, scallop, squid, mussel mixed with cabbage, broccoli, onions, bell peppers, mushrooms, baby corns, and basil leaves.

- S-9. Peanut Sauce Lover** .....\$11.95  
 Grilled chicken breast marinated in Thai herb sauce topped with peanut sauce and served with mixed vegetables.

- S-10. Pineapple Curry** .....\$12.95  
 Red Curry with shrimp, pineapple, bell peppers, and basil leaves.

- S-11. Duck Curry** .....\$12.95  
 Roasted duck, with red curry, pineapple, tomatoes, bell peppers, and basil leaves.

- S-12. Tom Yum Noodle Soup** .....\$11.95  
 Spicy noodle soup with ground chicken, squid, shrimp, and bean sprout topped ground peanuts.

- S-13. Garlic Pork Short Rib** .....\$9.95  
 Pork short ribs stir fried with special homemade garlic sauce, with steamed broccoli, cabbage and carrots.

- S-14. Pumpkin Curry**  
**Vegetarian, Chicken, Beef, or Pork** .....\$9.95  
**Shrimp or Squid** .....\$10.95  
**Seafood** .....\$11.95  
 Asian pumpkin in red curry sauce with eggplants, bell peppers, and basil leaves.

- S-15. Spicy Buddy** .....\$11.95  
 New style of ground chicken or ground pork and shrimp stir fried in special Thai chili paste with bell peppers, onions, and topped with crispy basil leaves.

- S-16. Eggplant Garden** .....  
**Vegetarian, Chicken, Beef or Pork** .....\$10.95  
**Shrimp or Squid** .....\$11.95  
**Seafood** .....\$12.95  
 Eggplant, bell peppers, garlic, and sweet basil leaves, stir fried in chili paste and chili jam.

- S-17. Silver Noodle Salad** .....\$ 10.95  
 Choice of ground chicken or pork and medium size shrimp with vermicelli noodle, flavored by spicy lime dressing, onions, peanuts, on lettuce bed and topped with cilantro.

- S-18. Prieu-Wan Short Rib** .....\$ 10.95  
 Deep fried, breaded pork short ribs, topped with pineapple, tomatoes, and onions in Chao Pra Ya tasty Home-Made sweet & sour sauce.

- S-19. Pumpkin Curry Noodle** .....\$ 14.95  
 Steamed rice noodle topped with medium size Shrimp, Asian Pumpkin, bell peppers, eggplants, bamboo shoots, basil leaves, and green beans, in Green curry sauce.

- S-20. Pepper Salt Squid** .....\$ 9.95  
 Crispy squid marinated with salt, pepper, tempura batter, topped with house special sauce, bell peppers and onions.

- S-21. Steamed Mussels**.....\$ 9.95  
 Half Shell mussels, steamed in lemon grass, with Thai basil, served with garlic-lime chili sauce.

## VOTED

- ★ **BEST NEW RESTAURANT**  
 ★ **BEST SOUTHEAST ASIAN**  
 ★ **BEST TAKE OUT**

BY EUGENE WEEKLY READERS. 2003-2004

# poppi's Anatolia

*This menu is only a snapshot of what we serve.  
Call about our Sunday menu!*

## APPETIZERS

### Dolmadakia

Stuffed grape leaves with rice, currants & pine nuts 4.50

### Taramasalata

Smoked fish roe, whipped with potato & onion, served with Greek bread 4.50

### Tzatziki

Yogurt, garlic & cucumber dip, served with pita 4.50

### Melitzanosalta

Eggplant, garlic & tahini dip, served with Greek bread 4.50

### Mezedakia

Three of the above four, served with bread & pita 12.95, with olives 15.25

### Side of Feta

With oregano and olive oil 3.50

### Saganaki

Fried Kefalotyri (aged sheep's milk cheese) 6.95

### Bowl of Olives

Kalamata Olives from Greece 3.75

### Potato & Onion Bhajias

Spicy garbanzo flour fritters 5.50

### Pappadoms

Super thin, crisp lentil flour wafers 2.50

### Anginarakia

Baby artichokes marnated with garlic and thyme 4.50

### Kalmarakia

Lightly floured squid shallow fried in olive oil (Sundays Only) 7.95

## SOUPS AND SALADS

### Soupa Hemeras

Soup of the day, served with bread cup 2.25, bowl 3.95

### Salata Horiatiki

The Greek salad as Greeks make it: tomatoes, cucumbers, green peppers, olives, onions, feta cheese and capers, with oregano and olive oil, served with bread small 5.50, large 7.95

### Dinner Salad

Mixed salad with house dressing, served with bread 3.25

### Soup and Salad

Soup of the day with Greek bread and small dinner salad cup 4.75, bowl 6.25

## SIDE ORDERS

### Poppi's Greek Peasant Bread

(Wholewheat with fennel) 60¢

### Pita 50¢

### Chappati 1.75

### Rice 2.50

### Bindi Bhaji 4.50

### Sag Bhaji 4.50

### Bombay Aloo 4.50

### Dhal 3.00

### Yahni Potatoes or Dinner Vegetables

(Dinnertime Only) 2.50

### Yogurt 1.50

### Chutney Assortment double 2.75, single 1.50

## DINNER ENTREES

### Yiros Plate

Specialty-broiled meat (beef & lamb), served on pita with salad and tzatziki 11.25

### Kotta Psiti

Greek roasted chicken in lemon, oregano and pepper, served with potatoes & vegetables 11.25

### Halibut Psito

Marinated grilled halibut steak, served with rice & salad (price may vary w/ size 13.95

### Spankopitta

Traditional spinach & feta in fillo, served with Yahni potatoes and vegetables 9.75

### Gharides Saganaki

Shrimp, tomatoes, green peppers and feta cheese sauteed in olive oil 13.95

### Egyptian Moussaka Stew

Garbanzos, eggplant, onions and tomatoes on a bed of rice, garnished with cheese 8.75

• Indian Entrees come with Basmatirice and chutneys •

### Standard Chicken Curry

Our own curry blend 11.25

### Vindaloo Chicken

A very hot & tangy curry from Goa with potatoes 11.25

### Korma Chicken

A mild & creamy curry from northern India with yogurt, cream, almonds and spices 11.25

### Korma Prawns

As above, but with prawns 13.95

### Sag Prawns

Our standard curry blend with prawns & spinach 13.95

### Pathia Prawns

A London favorite of spicy hot, sweet & sour prawns with pineapple 13.95

### Bindi Bhaji

Okra in spices & tomato 9.50

### Sag Bhaji

Spinach lightly cooked in onions and spices 9.50

### Bombay Aloo

Very spicy hot potato curry 9.50

### Dhal

Simple lentil stew flavored only with mustard seeds and garam masala 8.75

### Thali Platter

Platter of the above four vegetarian dishes, rice, yogurt, chap-pati and chutneys 13.95

## DESSERTS

### Baklava

Fillo pastry with walnuts and cinnamon or almonds and lemon 3.75

### Karidopitta

Greek walnut cake with whipped cream 3.75

### Rizogalo

Greek rice pudding 2.95

### Amygdalopitta

Brandy almond cake with chocolate glaze 3.75

### Halva

Traditional sesame treat 2.25

### Noonas

Chocolate-coconut fondants 1.90

\* LARGE SELECTION OF WINE & BEER \*

992 WILLAMETTE • 343-9661 • LUNCH: MON-SAT • DINNER: 7 NIGHTS





# Tasty Thai Kitchen

## RESTAURANT & CATERING

Traditional Thai dishes prepared by  
owner and Chef Pismai

Specializing in Thai Isass Cuisine

### Appetizers

**Veggie Pancake** \$5.95  
Chinese chives & carrots in batter served with a mildly  
spicy vinegar soy sauce.

**Veggie Spring Rolls** \$6.95

**Tasty Thai Chicken Wings** \$7.95  
Fried chicken wings tossed with Thai herbs & spicy  
sweet & sour sauce.

**Bubble Tea** \$2.50  
Large variety of flavors.

### Soup & Salad

**Thom Yum**  
Thai spicy & sour soup. Served with steamed  
Jasmine rice.

**Spicy Noodle Soup**  
Lemon grass & herb chicken broth.

**Green Papaya Salad** \$6.95  
Shredded fresh green papaya, tomatoes, & green  
beans tossed with chili lime sauce.

**Yum Nur** \$10.95  
Sliced charcoal-broiled beef tossed with crisp  
lettuce, roasted rice, tomatoes, & chili lime juice.

**Yum Tofu** \$10.95  
Baby spring mix with orange rind & garlic tofu.

### Specials

**Seafood Hot Pot** \$15.95  
Grilled salmon, scallops, squid, clams, mussels, and  
prawns, simmered in a homemade chili sauce with  
green peppercorn, garlic, Thai herbs, onions, sweet  
bell peppers, basil and fresh spinach.

**Spicy Catfish** - \$11.95  
Delicious crispy fresh water basa with homemade chili  
herb sauce, green peppercorn, garlic, lime leaves,  
bamboo shoots, onions, green beans and basil.

## NOW DELIVERING!

### Honey Roasted Duck (avail. Fri- Sun)

Bone-in or boneless, rubbed with a blend of Thai  
spices and herbs, then brushed with a delicate  
honey and herb ginger sauce.  
(half \$11.95, whole \$18.95)

### Hot Phad Panang -

Traditional Thai Stir-Fried Curry. Your choice stir-  
fried with garlic, panang curry sauce, coconut milk,  
Thai eggplant and basil leaves. Garnished with  
Kaffir lime leaves.  
(Chicken/tofu \$11.95, Beef \$12.95, Prawns \$14.95)

### Entrées

All entrees served with Jasmine rice (except noodle  
dishes). Choice of Vegetarian \$7.95, Tofu or  
Chicken \$9.95, Beef or Pork \$10.95, & Prawns \$12.95.

**Mee Grab** - Crispy rice noodles tossed  
with Pismai's special Thai sweet and sour sauce.  
(tofu/chicken \$11.95, Prawns \$13.95)

**Phad Thai** - Pan fried noodles with Chef  
Pismai's special sauce.

**Baikapal** - Stir fried mixed veggies  
with herbs.

**Thai Garlic Herbs** - Garlic sauce with  
mushrooms & green onions.

**Phad Prig Keane** - Stir fried dry  
curry with green beans.

**Spicy Eggplant** - Eggplant with hot pepper  
sauce.

**Thai BBQ Tri-Tip Steak** -  
Marinated in Chef Pismai's homemade BBQ sauce  
with garlic & herbs. \$13.95

### Curries

**Pumpkin Panang Curry** - Best Pumpkin  
curry in town! Creamy panang curry sauce with  
coconut milk, sweet pumpkin, potatoes, zucchini,  
carrots and basil.

**Veggie Panang Curry** - Vegan  
curry with zucchini, potatoes, & carrots.

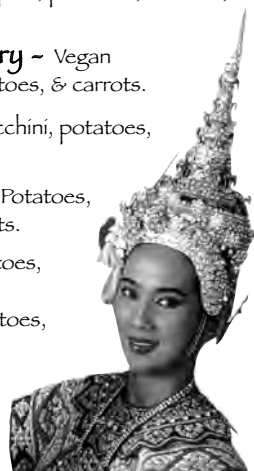
**Panang Curry** - Zucchini, potatoes,  
& carrots.

**Matsaman Curry** - Potatoes,  
onions, carrots, & peanuts.

**Green Curry** - Potatoes,  
zucchini & carrots.

**Yellow Curry** - Potatoes,  
pumpkin, & carrots.

**Red Curry**  
Pineapple, carrots, red  
peppers, & basil.



80 East 29th Avenue, Eugene, OR • 302-6444  
11 AM - 9:30 PM EVERYDAY

# CORNUCOPIA

295 WEST 17TH • EUGENE, OREGON  
SATURDAY-THURSDAY 8AM-10PM • FRIDAY 8AM-11PM

541-485-1918

SEE OUR FULL MENU AND CATERING INFORMATION AT  
**WWW.EUGENECATERING.COM**

## ★HAPPY HOUR★

4-7 MONDAY-FRIDAY & ALL DAY SUNDAY  
\$2.75 Micro Pints • \$1 off Appetizers & Wine

## SOUPS

### HOMEMADE DAILY

Most of the time we have one for vegetarians and one for the carnivores.

**CUP \$3.95 • BOWL \$4.95**

Served with Pugliese Bread and Butter  
New England Clam Chowder Every Friday

**BOWL OF SOUP & SIDE SALAD \$6.75**

## SALADS

### CAESAR SALAD

Crisp romaine lettuce, Caesar dressing, shaved parmesan, and our own croutons **\$6.25**

### GRILLED CHICKEN CAESAR SALAD

Cajun rubbed grilled chicken breast, sliced, and served over our own Caesar salad **\$7.95**

### TEMPTING TEMPEH CAESAR SALAD

Grilled, marinated tempeh, sliced, and served over our own Caesar salad. **\$7.95**

### BUFFALO CHICKEN SALAD

Crispy breaded chicken breast, smothered in hot & tangy buffalo sauce served over a crisp bed of lettuce, cucumber, tomato, red onion, and our own croutons. Choice of dressing **\$7.95**

### CHEF'S SALAD

Turkey, ham, hard boiled egg, Swiss and cheddar cheeses on a bed of crisp greens and all the veggies. Choice of dressing **\$7.95**

### HEARTY SALAD

Gourmet greens, cucumber, tomato, red onion, green peppers, sprouts and our own croutons. Choice of dressing **\$5.75**

### BIG GREEN SALAD

Crispy bed of lettuce, cucumber, tomato, red onion, green peppers, sprouts and our own croutons. Choice of dressing **\$4.75**

### SMALL SIDE SALAD

Crispy bed of lettuce, cucumber, tomato, red onion, and our own croutons. Choice of dressing **\$2.95**

Add a scoop of homemade chicken salad or white albacore tuna salad **\$3.00**

### SALAD DRESSINGS

Ranch, Bleu Cheese, Caesar, Cucumber Wasabi, Honey Mustard, French, Vinaigrette • Extra Dressings **50¢**

## VEGETARIAN

### ANGELA'S ORIGINAL VEGGIE

Smoked gouda, avocado, tomato, onion, gourmet greens, pepperoncini, mayo & black raspberry vinaigrette. On pugliese **\$5.95**

### TEMPEST TEMPTING TEMPEH

Marinated tempeh, cucumbers, green peppers, red onion, gourmet greens & olive oil, on pugliese **\$5.95**

### ELLIOTT'S EGG SALAD

Homemade egg salad & crisp romaine **\$5.95**

### THE PHILLY TEMPEH

Grilled marinated tempeh, sauteed with onions & green pepper, melted Swiss cheese on a sub roll with lettuce & tomato

Half \$6.50 Whole \$12.00

### LIL' AVA'S EGGPLANT PARMIGIANA

Hand breaded eggplant smothered in marinara & melted provolone, and parmesan cheeses served on a toasted sub roll

Half \$7.95 Whole \$14.95

### VEGGIE VOAGIE

Avocado, cucumbers, green peppers, sprouts, lettuce, tomato & red onion

Half \$5.00 Whole \$9.00

### VEGGIE & CHEESE VOAGIE

Choice of cheese, cucumbers, green peppers, sprouts, lettuce, tomato & red onion

Half \$5.50 Whole \$10.00

### BIANCO'S THREE CHEESE VOAGIE

Provolone, cheddar & American cheeses, lettuce, tomato, red onion, mayo, vinegar, oil & Italian spices

Half \$5.50 Whole \$10.00

## SIGNATURE SANDWICHES ON PUGLIESE

### BIG AL'S TURKEY & SWISS

Turkey breast, Swiss cheese, mayo, gourmet greens or romaine lettuce **\$5.95**

### SAMANTHA'S SULTRY SALAMI

Genoa salami, provolone, onion, mayo, romaine lettuce & Italian spice **\$5.95**

### ITALIAN STALLION

Genoa salami, mortadella, capricola, provolone, romaine lettuce, red onion, olive oil, red wine vinegar & spices **\$5.95**

### DARBY'S DELICACY

Turkey breast, cream cheese & smooth cranberry sauce & romaine lettuce **\$5.95**

### HOLY HAM & CHEDDAR

Black Forrest ham, cheddar, mayo, gourmet greens or romaine lettuce **\$5.95**

One time 50¢ charge for all additional condiments

## HOUSE FAVORITES

### CLASSIC ITALIAN HOAGIE

Salami, capricola, mortadella, provolone, lettuce, tomato, red onion, oil, vinegar & spices **Half \$7.50 Whole \$14.00**

### TURKEY MALIBU

Turkey, Swiss cheese, avocado, lettuce, tomato & mayo on a sub roll **\$7.95**

### CORNUCOPIA "CHEESEBURGER"

Grilled homemade meatloaf, cheddar, lettuce, tomato, onion, ketchup, mayo on a sub roll **\$7.95**

### B.L.T

Crispy bacon, lettuce, tomato and mayo served on a toasted sub roll **\$7.25**

### GROWN UP GRILLED CHEESE

Grilled Pugliese bread with American and cheddar cheeses served with fries **\$5.95**

### SORRY CHARLIE TUNA MELT

Grilled Pugliese bread, white albacore tuna salad and melted cheddar cheese served with fries **\$7.95**

### FRENCH DIP

Thin sliced roast beef, Swiss cheese, our own au jus served with horseradish sauce and french fries **\$7.95**

### BIG KAHUNA TUNA

White albacore tuna salad, American cheese, gourmet greens or romaine lettuce **\$7.50**

### STARK RAVING ROAST BEEF

Medium rare roast beef, cheddar cheese, mayo, gourmet greens or romaine lettuce **\$7.50**

### CHAUNCEY'S CHICKEN SALAD

Homemade chicken salad & romaine lettuce **\$7.95**

### WADE'S SMOKEY CLUB

Smoked turkey, smoked gouda, bacon, mayo & romaine lettuce **\$7.50**

### MIKE'S MIGHTY MEATLOAF

Cold homemade meatloaf, onion, ketchup & romaine lettuce **\$7.75**

## HOT SUBS

### MEATBALL & PROVOLONE

Meatballs smothered in marinara topped with provolone

Half \$7.23 Whole \$13.95

### PHILLY STEAK

Steak, cheese, sauteed green peppers & onions

Half \$7.95 Whole \$14.95

### CHICKEN PHILLY

Chicken, cheese, sauteed green peppers & onions

Half \$7.95 Whole \$14.95

### COADY'S CAJUN CHICKEN

Cajun seasoned chicken, pepperjack, sauteed green peppers & onions

Half \$7.95 Whole \$14.95



### BUCK'S BBQ CHICKEN

Chicken, BBQ sauce, cheddar and sauteed onions

Half \$7.95 Whole \$14.95

### CHICKEN PARMIGIANA

Crispy breaded chicken breast smothered in marinara, provolone, mozzarella and parmesan

Half \$7.95 Whole \$14.95

### PIZZA STEAK

Steak, smothered in marinara, provolone, mozzarella and parmesan

Half \$7.95 Whole \$14.95

## 1/2 LB HANDMADE BURGERS

All burgers are Local, hormone and antibiotic free beef from Knee Deep Cattle Company Elktion, Oregon

Upgrade to a Side Salad for \$2.50 or Cajun Fries for 50¢

### ALL-AMERICAN BURGER

Lettuce, tomato, onion, pickles, mayo, mustard & ketchup \$7.50

### CHEEZY AMERICAN BURGER

Choice of cheese, lettuce, tomato, onion, pickles, mayo, mustard & ketchup \$7.95

### LIL JACK'S HELLION BURGER

Green chilis, pepper jack, lettuce and mayo \$7.95

### WILD BILL'S BACON BBQ BURGER

Crisp bacon, BBQ sauce, cheddar cheese, lettuce & onions \$8.95

### JEROS BACON CHEESE BURGER

Crisp bacon, choice of cheese, lettuce, tomato, onion & mayo \$8.95

### BLONDE BOMB BURGER

Two handmade burger patties with American and cheddar cheeses, lettuce, tomato & mayo \$9.95

### KING KURT'S CHICKEN SANDWICH

Tender grilled chicken breast with Swiss cheese, lettuce, tomato, onion & honey mustard dressing \$7.95

### BIG BOOM SWISS & SHROOM BURGER

Swiss cheese melted over tender sauteed mushrooms \$7.95

Feel free to substitute a chicken breast

## VURGERS

All vurgers are Gardenburgers seasoned to perfection, served with fries and a pickle

Upgrade to a Side Salad for \$2.50 or Cajun Fries for 50¢

### UN AMERICAN VURGER

Lettuce, tomato, onion, pickles, mayo, mustard & ketchup \$7.75

### VOLUPTUOUS VERN VURGER

Choice of cheese, lettuce, tomato, onion, pickles, mayo, mustard & ketchup \$7.95

### KARMA KING SANDWICH

Grilled tempeh with swiss cheese, lettuce, tomato, onion & honey mustard dressing \$7.50

### VA VA VOOM SWISS & SHROOM VURGER

Swiss cheese melted over tender sauteed mushrooms \$7.50

### BUDDHA BELLY VURGER

Two veggie patties with American and cheddar cheeses, lettuce, tomato & mayo \$9.95

### VELLION VURGER

Green chilis, pepper jack, lettuce and mayo \$7.95

### JB'S ! GARDEN VURGER

Pepper jack, avocado, tomato, green peppers, onions & salsa \$7.95

## APPETIZERS

Served from 3pm-10pm

### OLIVIA'S ONION RINGS

Sweet onions breaded to crunchy perfection. Served with Ranch or BBQ sauce \$5.50

### CAJUN BEER STEAMED MANILA CLAMS

Savory clams steamed in a house original "Frog" beer broth \$10.95

### BABY BACK PORK RIBS

Tender, juicy, dripping with barbecue sauce. Truly... Finger licking good! \$9.95

### MYLES'S MAGICAL MUSHROOMS

White button mushrooms sauteed with fresh garlic, white wine and butter \$6.50

### BADA BING WINGS

Jumbo drumettes smothered in buffalo, BBQ, or teriyaki sauce. Served with celery & carrot sticks. Your choice of bleu cheese or ranch \$7.50

### GOOD FRICKEN' CHICKEN TENDERS

Crispy breaded chicken breast served with your choice of ranch or BBQ and fries \$6.95

### CUCKOO FOR COCONUT SHRIMP

Crispy, golden fried shrimp with a pinot noir raspberry reduction dipping sauce \$8.95

### MIMI'S MOZZARELLA STICKS

Golden & gooey goodness served with Aunt Mary's Marinara \$5.50

### BLUE CHEESE POPPERS

Blue cheese, bacon and red pepper poppers served with ranch dressing \$6.95

### MACHO NACHOS

Fresh crispy corn chips, cheddar, and pepper jack cheese topped with green chiles, black olives, avocado, sour cream, jalapenos & fresh salsa \$7.95

### CORNY QUESADILLA

Cheddar and pepper jack cheeses with green chiles & tomatoes.

Served with salsa & sour cream \$6.95

With Chicken \$9.50 - With Steak \$9.50

### CHIPS & SALSA

Fresh crisp corn chips and fresh salsa \$3.50

Extra Chips \$1.50, Extra Guac \$2.50, Extra Salsa \$2.00.

Extra Sour Cream 75¢

## ENTRÉES

Served from 4pm-10pm

Entrees To Go are an additional \$1.00 each

Choice of House, Hearty Green, Caesar Salads or Soup of the Day

## FROM THE GRILL

### ROBED GODIVA

Egg roll wrappers stuffed with spinach, feta cheese and onion. Served over a bed of jasmine rice pilaf with seasonal sauteed vegetables & dipping sauce \$9.95 with grilled chicken breast \$11.95

### GAIL'S GRILLED CHICKEN

Scrumptiously seasoned chicken breast with fresh lemon juice, black pepper & basil served over jasmine rice pilaf with seasonal sauteed vegetables \$9.95

### CAROL'S CAJUN GRILLED CHICKEN

Char-broiled to perfection with cajun spices served with jasmine rice pilaf with seasonal sauteed vegetables \$9.95

### GRILLED WILD SALMON

Wild salmon with a delicate herbed, lemon butter. Served over jasmine rice pilaf with seasonal sauteed vegetables \$14.95

### THE FLAT IRON STEAK

Char-broiled served with jasmine rice pilaf and seasonal sauteed vegetables \$14.95

### SEAN BABY'S BABY BACK PORK RIBS

Tender, juicy, dripping with barbecue sauce served with fries.

Finger licking good! \$15.00

## PASTA

Served with Garlic Bread

Choice of House, Hearty Green, Caesar Salads or Soup of the Day

### AUNT MARY'S SPAGHETTINI AND MEATBALLS

Pasta topped with meatballs, Aunt Mary's marinara sauce & shaved parmesan cheese \$8.95

### PASTA POMODORO

Spaghetti, olive oil, garlic, basil & tomato, garnished with shaved parmesan cheese \$9.95

### CHICKEN PASTA POMODORO

Grilled chicken breast over spaghetti, olive oil, garlic, basil & tomato, topped with shaved parmesan cheese \$13.95

### PESTO PASTA

Linguine & fresh pesto. Sprinkled with shaved parmesan cheese. \$9.95

### PESTO PASTA ALA GREQUE

Linguine, roasted red peppers, artichoke hearts & pesto with shaved parmesan cheese \$13.95

### LUSCIOUS LINGUINE & CLAM SAUCE

A pound of Manila clams in a white wine cream or marinara sauce topped with shaved parmesan cheese \$14.95

### RON DADDY'S RAVIOLI'S

Cheese ravioli, marinara sauce and parmesan cheese \$9.95

### PAPA COURTNEY'S CHICKEN PARMIGIANA

Breaded chicken breast smothered in marinara, provolone and parmesan cheeses served with fettuccini \$11.95

### AVA'S EGGPLANT PARMIGIANA

Hand-breaded eggplant smothered in marinara, provolone and parmesan cheeses served with fettuccini \$11.95

### DREAMY CREAMY FETTUCCINE

Fettuccine covered in a creamy alfredo sauce topped with fresh parsley. Mama mia!! \$9.95

### CHICKEN FETTUCCINE ALFREDO

Grilled chicken breast sliced over fettuccine covered in a creamy alfredo sauce garnished with fresh parsley \$13.95

### SMOKEY FETTUCCINE ALFREDO

Smoked salmon tossed with fettuccine covered in a creamy alfredo sauce topped with fresh parsley \$14.95

### VEGGIE FETTUCCINE ALFREDO

Sauteed veggies, white wine, garlic and butter tossed with fettuccine covered in a creamy alfredo sauce garnished with fresh parsley \$12.95

# Mac's

at the Vet's Club

**Welcome to Mac's. Relax and enjoy your dinner. By dining at Mac's you are supporting the Veteran's Memorial Association. The Vet's and the McCallum's appreciate your support.**

## Appetizers

### Fresh Oysters

Shooters \$1.25

Pan fried w/ cocktail & tartar \$6.00

Cajun pan fried w/ cocktail & tartar \$6.50

**Solid Martini** Cocktail olives stuffed with mozzarella and deep fried \$5.25

**Smoked Salmon Pate** Served with sharp white cheddar cheese and baguette bread \$7.50

**Pesto Dip** Pesto, hazelnut, garlic dip served with baguette bread \$4.75

## Salads

All of our dressings are home made, choose from our signature vinaigrette with crumbled bleu cheese, Italian, ranch, bleu cheese or honey mustard.

**Fresh Green Salad** A variety of fresh greens garnished with tomato, cucumber, carrots, and onions, crumbled bacon and grated cheese. \$4.50

**Small dinner side Caesar** \$2.50

**Caesar Salads** Chef Bill's Caesar dressing makes this classic Italian salad! \$6.75

w/ bacon: \$7.75, w/ chicken or Cajun chicken:

\$8.75, w/ smoked Salmon: \$10.50

**Small dinner side Caesar** \$4.50

**Vet's Cobb Salad** Fresh greens with boneless chicken breast, egg slices, fresh tomatoes, bacon and bleu cheese \$9.50

**Chef's Salad** Fresh greens topped with ham, turkey, sliced prime rib, cheddar and Swiss cheese. Garnished with tomatoes, cucumbers and boiled egg slices. \$8.75

## Sandwiches

All of our sandwiches except Poulet Grille are served with house fries. Substitute small green salad for \$1.50

### Vet's Burger

1/3 pound lean ground beef on a keiser bun with lettuce, tomato and onion. Add bacon: \$ 1.00, add cheddar, Swiss or pepperjack cheese: 50¢, Add mushrooms: 50¢, add Cajun: 50¢ \$6.00

**Salmon Burger** Chinook salmon pattie on a keiser bun with lettuce, tomato, onion and pesto mayonnaise \$7.00

**Poulet Grille** It's back! Two boneless breasts of marinated chicken, charbroiled, served open-faced on toasted sourdough bread with cream cheese. Served with a small Caesar salad \$9.50 Half Order: \$7.50

**Billy's Prime Dip** Tender slices of prime rib served on a French roll with caramelized onions and Jarlsberg Swiss cheese, served au jus with creamy horseradish sauce \$9.75

**The Vet's Club** Hickory smoked ham, turkey breast, bacon, lettuce and tomato stacked between 3 slices of sourdough bread. Add cheddar, Swiss or Pepperjack: 50¢ \$8.75

## Entrees

All Mac's entrees include a starch and fresh vegetable

**Roast Chicken** Half a chicken, slow roasted, served with garlic mashed potatoes & vegetables \$12.50

**Chicken Piccata** Boneless chicken breast, lightly floured then sautéed with mushrooms, garlic and capers. Finished with white wine and fresh lemon juice. \$14.50

**Poulet Béchamel** An old Treehouse signature entrée. Tender chicken breasts sautéed with mushrooms and onions in white wine. Topped with Swiss cheese then baked in a rich cream sauce. \$14.75

**Whiskey Cured Prime Rib** Choice prime rib marinated with cracked black pepper, rock salt and sour mash whiskey. Baked and served au jus and creamy horseradish sauce. 8 oz. \$14.00, 12 oz. \$17.00, 16 oz. \$21.00

**Rib Eye:** Chef Bill's choice for quality and flavor. The eye of the rib, charbroiled to order. 8 oz. \$14.00, 12 oz. \$17.00

**Bleu New York** 12 oz. cut of choice New York steak charbroiled to order topped with mushroom bordelaise sauce and finished with melted bleu cheese. \$18.00

**Halibut & Chips** Filet of Halibut breaded and deep fried, served with fries, cocktail and tartar sauce. \$10.50

**Indian Baked Salmon** An original Chef Bill recipe featuring delicious Chinook salmon baked with a hickory-smoked brown sugar glaze. Northwest flavor at its very best! \$15.00

**Oyster Dinner** Fresh Pacific coast oysters, lightly coated and pan fried. Served with cocktail & tartar sauce. \$15.00

**Scallops Normandy** Tender Sea Scallops sautéed with mushrooms in white wine and fresh lemon juice, finished in a light cream sauce. \$16.00

**Fettuccini Alfredo** Fresh pasta mixed in our sour cream garlic sauce with sautéed mushrooms and scallions. Topped with parmesan cheese. \$11.00

**Pasta Primavera** Fresh button mushrooms, onions, broccoli and sun-dried tomatoes, sautéed. Finished in a garlic cream sauce and tossed with fresh egg noodle pasta. \$12.75  
Add smoked Salmon \$3.00

THANK YOU FOR DINING AT MAC'S AT THE VET'S CLUB! REMEMBER MCCALLUM'S CUSTOM CATERING FOR ALL YOUR CATERING NEEDS.

1626 Willamette Street • Eugene • Call for reservations:

541-344-8600



# EL VAQUERO

296 E. 5th St. (Fifth Street Market) • 434-8272 (TAPA)

**Lunch:** Mon-Sun 11:30-4:30

**Dinner:** Sun-Thurs 5:30-10:00 • Fri-Sat 5:30-11:00

**Tapas:** 11:00-1:00

## V - TAPAS

### Calientes

Camarones al Coco  
*Coconut prawns*

Albondigas de Langosta  
*Lobster meatballs*

Pescado a la Parilla  
*Grilled Salmon*

Camarones con Chiles  
Torreados  
*Sauteed shrimp with serrano chiles*

Mejillones  
*Mussels*

Almejas con Vino Blanco  
*Clams with white wine*

Callo Mojo de Ajo  
*Garlic scallop*

Tacos de Pescado  
*Baja fish tacos*

Crepas de Cangrejo  
*Crab crepes*

Lomo de Puerco  
*Pork loin*

Costillas de Puerco al Pastor  
*Red Agaves' Grilled baby back ribs*

Alas de Pollo'  
*Chicken wings with chile and lime*

Tacos de Arracherra  
*Flank steak*

Quesadillas chilangas  
*Fried corn masa with cheese and squash blossoms*  
*Or drunk chicken*

Sopas  
Sopa de Tortilla  
*Tortilla Soup*

Sopa de Cebolla  
*French onion*

Frijoles Charros  
*Simmered bean soup*

### Verduras

Ejotes  
*Fandangos' chile green beans*

Pasta con Queso  
*Baked macaroni and cheese with ham or morels*

Tamale con Corazon de Alcachofa  
*Artichoke tamale*

Hongos con Vino Tinto  
*Mushrooms with red wine and prociutto*

Croquetas de Camote  
*Sweet potato fritters*

### Frias

Sashimi Aguachile  
*Fresh ahi tuna with serrano chiles*

Ensalada de Lechuga Bola  
*Iceburg with tomatoes and Roquefort*

Ensalada de la Casa  
*House salad for 2 (mixed organic greens)*

Betabel, Aguacate, y Toronja  
*Beets, avocado and grapefruit*

Cocktail de Camarone  
*Shrimp cocktail*

Jamon Serrano  
*Prociutto*

### Cheese

**cow**  
Dublins double cream blue  
Aged jarlsburg

**sheep**  
Aged Spanish manchego  
Creamed triple gouda

**goat**  
Soft squid ink  
Garlic crusted panela

*Choose two - five*  
*Served with grilled baguette and tequila poached pear*

## V DINNER

### carnes

Seared rack of lamb with tequila pan drippings  
Grilled six pepper dusted 14oz. Ribeye  
10 oz. New York  
24 oz. Porterhouse  
16 oz. T-Bone  
Pollo picatta with fresh lime and caper berries  
Jumbo prawn creole

### vegetarian (choose two)

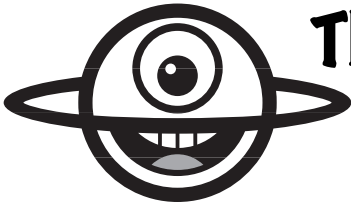
*Please choose one of the above entree options to combine with your favorite choice from the following side dish combinations!!*

### verduras

**uno** - cream and buttered chile poblano au gratin potatoes with grilled wild mushrooms  
**dos** - local organic balsamic basted grilled vegetables braised chard & whipped sweet potatoes  
**tres** - chile and lime french fried potatoes and habanero slaw  
**cuatro** - wild rice & cous-cous with toasted pecans, baby artichokes and cilantro aioli  
**cinco** - roasted potato cambray, chayote al vapor and grilled molcajete salsa  
**seis** - baked yukon gold potato with creamed spinach and grilled beefsteak tomato

*Substitutions are frowned upon, but any side dish is available.*





# The Laughing Planet Café

760 BLAIR BLVD, EUGENE  
CALL 868-0668 FOR FAST PICK-UP

## APPETIZERS

### CHIPS & SALSA

Non-GMO tortilla chips and your choice of one of our home-made salsas . . . . . small - **1.25** . . . large - **2.25**  
add fresh guacamole - **1.50**

**CHEESE & PICO QUESADILLA** . . . . . **3.50**

### NACHO MAMA

Tortilla Chips veggie chili, jack cheese, sour cream, jalapeños & pico . . . . . **4.75**

**BLACK BEAN HUMMUS & CHIPS** . . . . . **3.25**

**PLANTAINS & BBQ SAUCE** (or substitute any sauce/salsa) . . **3.25**

## BOWLS

Add Chicken or Smoked Turkey - 1.95

Organic Tofu or Tempeh - 1.75

### STEAMED VEGGIES, RICE & BEANS

A medley of fresh veggies on a bed of pinto beans & brown rice, topped with pico de gallo . . . . . **3.95**

### CHAIRMAN MAO'S RICE BOWL

Steamed Asian veggies on a bed of organic brown rice & choice of shitake mushrooms or Thai peanut sauce . . . . . **4.50**

### SPANKY'S BOWL

Organic mashed potatoes, steamed broccoli, organic sweet corn, and Tillamook cheddar cheese . . . . . **4.75**

### CUBAN BOWL

Brown rice, black beans, plantains & sweet potatoes, pico . . **4.25**

### SOYLENT GREEN

Barley/quinoa pilaf, steamed greens, broccoli, tempeh & cilantro pesto **5.50**

### LOW-CARB SPECIAL

Steamed veggie medley, choice of chicken, turkey, tofu or tempeh, and roasted garlic sauce . . . . . **5.95**  
Add cheese . . . . . **75¢**

## BURRITOS

Make it a MONDO BURRITO! Add 8 oz. of rice & beans for 1.25

Whole wheat tortilla - .25

DELUXE (sour cream & guacamole) - 1.75, Vegan DELUXE - 2.00

Small chips (no salsa) accompanying any entree - .75

### ★ "MISSION STYLE" ★

Inspired by taquerias in the Mission District of San Francisco. Each Mission burrito comes with your choice of home-made salsa.

### CLASSIC BEAN & CHEESE

Pinto beans, organic brown rice, monterey jack cheese, pico de gallo (chopped tomatoes, onions & cilantro) . . . . . **3.75**

### GRILLED CHICKEN

Pinto beans, organic brown rice, jack cheese, pico de gallo & grilled breast of chicken . . . . . **5.25**

### SOUTHWESTERN GREEN CHILI

Black beans, mild green chilis, organic sweet corn, jack cheese, organic brown rice, pico de gallo . . . . . **4.75**

### SPINACH & BLACK BEAN

Fresh steamed spinach, black beans, jack cheese, organic brown rice, pico de gallo . . . . . **4.50**

### HOLY MOLE

Pinto beans, brown rice, grilled chicken, jack cheese, pico de gallo and our home-made mole sauce . . . . . **5.75**

### GRILLED VEGGIES

Black beans, mixed grilled veggies, jack cheese, rice & pico . **4.75**

### ★ "INTERNATIONAL-STYLE" ★

Inspired by foreign flavors & our over-active imaginations. Each comes with a signature home-made sauce.

### THAI-ME-UP

Organic brown rice, your choice of steamed Asian or grilled veggies, pico de gallo and Thai peanut sauce . . . . . **4.50**

### CHE GUEVARA

Brown rice, black beans, plantains, sweet potatoes, & spicy BBQ sauce, pico . . . . . **4.50**

Add Chicken or Turkey . . . . . 1.95

Organic Tofu or Tempeh . . . . . 1.75

### ELMER FUDD

Mashed potatoes, steamed veggies, Tillamook cheddar cheese & roasted garlic sauce . . . . . **4.50**

Add Chicken or Turkey . . . . . 1.95

Organic Tofu or Tempeh . . . . . 1.75

### BUBBA

Smoked turkey, organic corn, pintos, rice, jack cheese, BBQ sauce, pico . . . . . **5.75**

### SPECIAL BURRITO O' THE WEEK

Here's where it gets really interesting . . . we invent tasty new combinations...you eat 'em.

## SALADS

Salad can be "wrapped" in an organic flour tortilla for .50 extra.

Any dressing may be substituted: creamy tofu, strawberry-vinagrette, sweet & sour sesame, NORI Caesar

Add Chicken or Turkey . . . . . 1.95

Organic Tofu or Tempeh . . . . . 1.75

### CAESAR "CHAVEZ"

Organic romaine lettuce, croutons, VEGAN nori dressing . . . . **4.50**

### SASQUATCH SALAD

Fresh spinach, croutons, roasted pumpkin seeds, sliced pears, grated beets and strawberry-vinagrette dressing . . . . . **4.50**

### W.C. FIELD GREENS

Organic mixed baby greens, red cabbage, carrots, red peppers and choice of dressing . . . . . **4.50**

### ASIAN SALAD

Organic mixed baby greens and Asian veggies (bok choy, sugar peas, nappa, carrots, celery bamboo shoots, green onions) and sweet & sour sesame dressing . . . . . **5.25**

### ZAPPATISTA SALAD

Romaine lettuce, black beans, jack cheese, pico de gallo, non-GMO corn chips, sour cream and a choice of dressing (or salsa) . **5.25**

# BOWLS, BURRITOS & BEYOND

...GOOD FOR YOU, GOOD FOR YOUR PLANET (& GOOD FOR YOUR WALLET!)

## SOUPS HOMEMADE AND VEGAN!

With your choice of tortilla chips or homemade focaccia

Check our board for daily choices!

Our famous VEGAN chili is always available!

**LARGE BOWL** ..... 3.95

**MUG** ..... 2.75

### COMBO SPECIAL

Add a small mixed or Asian salad ..... 2.50

## QUESADILLAS

Add Chicken or Turkey ..... 1.95

Organic Tofu or Tempeh ..... 1.75

### THE BASIC

Large "dry-grilled" flour tortilla, jack cheese, pico de gallo .... 3.50

### BBQ CHICKEN

Same as above, with grilled chicken and home-made BBQ sauce ..... 5.25

Sub mole sauce - No charge.

### AMAIZIN' GRACE

Jack cheese, corn, mild green chilis, cilantro pesto, pico ..... 4.75

### GRILLED VEGGIES

Jack cheese, grilled veggies, cilantro pesto, pico ..... 4.75

### TATERS & BROCCOLI

Mashed potatoes, broccoli, Tillamook cheddar, pico ..... 4.25

### SPINACH

Fresh leaf spinach, jack cheese, pico ..... 4.25

## ADD-INS & SIDE-DISHES

Customize your burrito, bowl, salad, or quesadilla

### HOME-MADE SALSAS & SAUCES ..... 50

Tomatillo-Cilantro (medium)

Roasted Tomato & Chipotle (hot)

Ha Ha Habanero (wicked hot)

Mole

Thai Peanut

Barbeque

Roasted Garlic

Cilantro Pesto

Shitake Mushroom

Extra Pico

### VEGGIES ..... 1.00\*

Fresh leaf Spinach

Broccoli

Greens (Chards or Collards)

Organic Sweet Corn

\*Plantains (1.25)

\*Grilled Veggies (1.25)

\*Romaine Lettuce (.50)

### MEATS & ANTI-MEATS

Chicken or Smoked Turkey ..... 1.95

Organic Tofu or Tempeh ..... 1.75

### THE USUAL SUSPECTS

Guacomole ..... 1.50

Organic Sour Cream ..... 50

Jalapeños ..... 50

Monterey Jack Cheese ..... 75

Tillamook Cheddar Cheese ..... 1.00

Vegan Rice Cheese ..... 1.50

Vegan Sour Cream ..... 75

### "DELUXE" (SOUR CREAM & GUACOMOLE) ..... 1.75

### SIDES

Organic Tortilla ..... 50

Organic Mashed Potatoes ..... 2.50

Organic Brown Rice ..... 1.95

Barley-Quinoa Pilaf ..... 1.95

Rice & Beans ..... 2.95

Corn ..... 2.50

Broccoli ..... 2.50

Spinach ..... 2.50

Plantains ..... 2.75

## BEVERAGES

### SMOOTHIES ..... 3.25

Our smoothies are made with frozen fruit and unsweetened fruit juice only, without dairy products, additives or sweeteners. They are high in vitamins, fiber and phyto-nutrients.

### BERRY BERRY GOOD

Blueberries, raspberries, strawberries, banana, apple juice

### IM-PEACHY

Peaches, raspberries, apple juice

### JUNGLE JUICE

Mango, pineapple, banana, pineapple juice

### AUKLAND

Kiwi fruit, strawberries, bananas, apple juice

### BANANA COLADA

Bananas, grated coconut, pineapple juice

### FARM-BOY TIM

Honeydew, cantaloupe, blueberries, rhubarb, peaches, apple juice

### PB & J

Strawberries, bananas, organic peanut butter, apple juice

### BLUE-SUEDE SHOES

Blueberries, bananas, honey dew, cantaloupe and apple juice

### BANANA STRAWBERRY

Bananas, strawberries, apple juice

ADD-INS / SUBSTITUTIONS ARE LISTED BELOW.

Add organic non-fat yogurt or soy protein powder ..... 50

Add Emergen-C ..... 75

Add organic peanut butter ..... 1.00

Add spirulina ..... 1.00

Substitute soy milk for fruit juice ..... 50

## FRESH SQUEEZED ORGANIC JUICES

SMALL 10 oz. LARGE 16 oz.

**CARROT** ..... 2.25 ..... 3.25

**APPLE** ..... 2.25 ..... 3.25

**PEAR** ..... 2.50 ..... 3.50

**CARROT-APPLE** ..... 2.25 ..... 3.50

**PEAR-APPLE** ..... 2.50 ..... 3.50

**CARROT-BEET** ..... 2.50 ..... 3.50

**CARROT-APPLE-CELERY** ..... 2.50 ..... 3.50

**CARROT-APPLE-GINGER** ..... 2.50 ..... 3.50

**PEAR-APPLE-GINGER** ..... 2.75 ..... 3.50

**CARROT-APPLE-BEET** ..... 2.50 ..... 3.50



# CAFÉ YUMM!

"Born and raised in Eugene"

**Oakway Center** 225-0121

**5th St. Public Market** 484-7302

**The Meridian** 431-0204

[www.cafeyumm.com](http://www.cafeyumm.com)

Hours vary seasonally and by location. Please call.

## Yumm!™ Bowls

|                | Small | Medium | Large |
|----------------|-------|--------|-------|
| <b>Regular</b> | 2.95  | 3.75   | 4.50  |
| <b>Deluxe</b>  | 3.95  | 4.95   | 5.95  |

Any of our Yumm! Bowls topped with shredded Tillamook cheddar, diced tomato, fresh avocado, sour cream (or non-fat yogurt), black olives, & cilantro.

**Original Yumm!** *Our signature dish—* Brown rice and red & black beans layered with our Original Yumm! Sauce, topped with organic salsa. *Simple, delicious, nourishing.*

**Jazzy Yumm!** Jasmine rice, Original Yumm! Sauce, seasoned red beans, topped with organic salsa.

**Hot 'n' Jazzy Yumm!** Jasmine rice, Original Yumm! Sauce, seasoned red beans, topped with our Jalapeno-Sesame salsa (*hot*).

**Hot 'n' Smoky Yumm!** Brown rice, Original Yumm! Sauce, house-made chipotle chili, topped with organic salsa.

**Yumm! Baby** *No beans about it!* Jasmine rice & Original Yumm! Sauce, topped with fresh avocado.

**Chilean Zucchini Yumm!** *No beans about it!* Our own zucchini-corn-tomato stew layered with Brown rice, Original Yumm! Sauce, topped with organic salsa.

**Souper Yumm!** *Can't decide on soup or Yumm!?* Your choice of Brown or Jasmine rice with Original Yumm! Sauce topped with one of our daily house-made soups.

**Edamame Yumm!** (*add 25¢ any size*) Brown or Jasmine rice, Original Yumm! Sauce or Black Sesame Dressing, green soybeans, nori.

**Yumm! 'n' Greens Bowl** *Large Only*  
Your choice rice & beans served on a bed of organic field greens, topped with corn chips.  
*Small version of Yumm! 'n' Greens Plate.*

## Yumm!™ Plates

**Yumm! Wrap** (*Really Big!*) \$6.95 Our Large Deluxe Yumm! wrapped in a warm flour tortilla with melted cheddar cheese. w/seasoned Tofu (*Huge!*) add \$1.75

**Southwest Tofu Wrap** \$5.95 Big, warm flour tortilla (*white or whole wheat*) filled with melted cheddar, grilled seasoned tofu, avocado, tomato, salsa, fresh cilantro.

**Nori Wrap** \$6.50 *For the do-it-yourselfer.* Your choice of Brown or Jasmine rice, edamame (*green soybeans*), our ginger Asian slaw, toasted, seasoned nori for wrapping it your way. Served with a side of your favorite dressing or sauce for dipping.

**Yumm! 'n' Greens** \$6.75 Brown & Jasmine rice layered with red & black beans and Original Yumm! Sauce served on a bed of organic mixed greens surrounded by corn chips. (*Deluxe It!* \$7.50)

**Yumm! Bento** \$5.75  
Your choice of Brown or Jasmine rice served with your choice of tempeh, tofu or chicken stick, Asian slaw. Your favorite dressing, Yumm! Sauce or teriyaki sauce.

## Dressings & Sauces

- Original Yumm!™ Sauce is a heavenly blend of lemon, garlic, basil, almonds and much more. It is egg free, dairy free, wheat free, gluten free, sugar free, vegan. Ask for it at your favorite grocery store or buy it at one of our cafes.
- Jalapeno-Sesame Salsa (*hot*)
- Thai vinaigrette (*spicy*)
- Sweet ginger miso • Toasted black sesame
- Buttermilk ranch • Bleu cheese
- Balsamic vinaigrette

Menu prices and items may change without notice.

© 2005 Safe Passage, Inc. All rights reserved.  
Yumm!, Café Yumm!, and the Café Yumm! logo  
are trademarks of Safe Passage, Inc.



We Feature Locally Owned, Locally Roasted  
**Full City Coffee & Espresso**  
and Tea Lady Teas

## Sandwiches whole / half

**PB'n'** \$3.95 / \$2.50  
**Cheese** \$5.75 / \$3.75  
**Avo & Cream Cheese** \$5.75 / \$3.75  
**House Tuna Salad** \$5.75 / \$3.75  
**Turkey** \$5.75 / \$3.75  
**House Chicken Salad** \$5.95 / \$3.95  
**Tempeh Almond Salad** (vegan) \$5.95 / \$3.95  
**Turkey 'n' Berries** \$6.25 / \$4.25  
**Curry Mango Turkey** \$6.25 / \$4.25  
**Deli Lama™** ultimate veggie \$5.95 / \$3.95

## Deli Case Items

**Panini Sandwich** Pesto-Provolone or Turkey  
**Barbecued Tofu Stick**  
**Teriyaki Tempeh Stick**  
**Teriyaki Chicken Stick**  
**Fresh Bakery goods**  
*Take home one of our special sauces, dressings, or marinades for that special meal or barbecue!*

# CAFÉ YUMM!™

## Grilled Sandwiches

**Tempeh 'BLT'** \$5.95  
**The Tempehst™** \$6.25  
**Tempeh Reuben** \$6.25  
**Turkey Reuben** \$6.25  
**Ginger-Garlic Tofu Fritter** \$6.25 (vegan)  
**Garden Burger™** \$5.75  
**Boca Burger™** \$5.75 (vegan)  
**Salmon Burger** \$5.95

## Soup & Salad

*House-made — From Traditional to Exotic!*  
Favorites include: African Ground Nut,  
Tomato Basil Brie, Mama Leone's Chicken,  
Chipotle Chili, Chilean Zucchini Stew  
**House Soups** S \$2.85 M \$3.65 L \$4.45  
**Soup, Salad, & Bread** \$6.75  
**Fresh Green Salad** Sm \$3.50 Lg \$4.95  
**Hearty Salads** \$5.50  
**Secret Asian Man™** Sm \$5.95 Lg \$7.95

## Oakway Center **BREAKFAST** The Meridian

### Breakfast Yumm!™ Bowls

**Yumm!lette™** Brown or Jasmine rice,  
Original Yumm!™ Sauce, scrambled egg or  
seasoned tofu, shredded cheddar, diced  
tomato. Med (1 egg) \$3.95 Lrg (2 eggs) \$4.95

**Edamame Yumm!** Brown or Jasmine rice,  
Original Yumm! Sauce or Black Sesame  
Dressing, green soybeans (edamame), nori  
(seaweed). Med \$3.50 Lrg \$4.25

### Breakfast Yumm!™ Plates

**Egg & Fritter Plate** \$6.25 Brown or  
Jasmine rice, Original Yumm! Sauce, 2 Ginger  
Garlic Tofu Fritters, o.g. scrambled eggs and  
toast. *Substitute scrambled tofu for eggs - 50¢.*

**Yumm! Rancheros** \$7.75 Two warm corn  
tortillas topped with melted cheddar, mild  
green chilies, brown rice, red & black beans,  
Original Yumm! Sauce, o.g. scrambled eggs or  
seasoned tofu, diced tomato, fresh avocado,  
sour cream, black olives, cilantro. Choice of  
salsa\*.

**Breakfast Quesadilla** \$6.25  
White or whole wheat flour tortilla filled  
w/o.g. scrambled eggs or seasoned tofu, green  
chilies, and melted cheddar, cut into wedges.  
Served with sour cream, cilantro and Original  
Yumm! Sauce. Choice of salsa\*.

### Breakfast Wrappits

*Choice of whole wheat or white flour tortilla*  
Regular \$4.95 Deluxe It! \$5.95

**Original Yumm! Breakfast Wrappit** Red &  
black beans, brown rice, Original Yumm!  
Sauce. Choice of salsa\*.

**Jazzy Yumm! Breakfast Wrappit**  
Rosemary red beans, jasmine rice, Original  
Yumm! Sauce. Choice of salsa\*.

**Yumm! Baby Breakfast Wrappit**  
*No beans about it!* Jasmine rice, Original  
Yumm! Sauce, fresh avocado. Choice of salsa.

### Breakfast Basics

**Scrambled Egg** \$1.50 2 eggs \$2.75  
*Free range, organic*  
**Scrambled Tofu** \$1.50 1/2 lb \$2.75  
**Deluxe Scramble Tofu or Eggs** \$4.25  
**Bird in the Nest** \$2.50 2 birds \$4.75  
**Toast & Bagels** Spelt available - add 60¢  
**Open Face Bagel** \$4.75  
**Breakfast Bagel** \$4.75  
**Cafe Yumm! Granola**  
With steamed or cold milk \$2.95  
With yogurt & mango \$3.25  
With steamed milk & mango \$3.25  
With steamed soy milk & mango \$3.75

# **PENELOPE'S**

## **Mediterranean Cuisine**

**291 E. 5th. Ave. Eugene, Or.**  
**(541) 341- 3712**

### **MEZEDES (Appetizers)**

**Sauteed Mushrooms** ~ Mushrooms in a creamy wine sauce \$7.00.

**Spanakopita** ~ Classic marriage of spinach and feta cheese baked in phyllo dough. Served with tomato wedges, and salad greens \$8.00.

**Antipasto** ~ Genoa salami, prosciutto ham, provolone cheese, feta cheese, Kalamata olives, tomato wedges, roasted peppers, artichoke hearts. Anchovies (optional) \$9.00

**Sampler** ~ A variety of spreads, eggplant, Kalamata olives, hummus, and feta cheese served with pita triangles \$8.00

**Keftedes** ~ Scrumptious balls of ground lamb, seasoned with special herbs and cooked in our tasty Mediterranean sauce, and topped with tzatziki sauce. Served on a bed of salad greens in our house vinaigrette \$9.00.

**SOUP DU JOUR** ~ Bowl \$4.50.

### **SALADS**

**Mesclun Salad** ~ Organic baby greens served with our house vinaigrette made with extra virgin olive oil and Greek spices \$5.00.

**Chef Stefano's Favorite Salad** ~ Wedges of ripe tomatoes, crisp cucumbers, and red onions, topped with feta cheese, and Kalamata olives. Served with our house vinaigrette made with extra virgin olive oil and Greek spices \$8.00.

**Traditional Greek Salad ("Horiatiki")** ~ Rustic style Greek salad made with romaine lettuce, cucumber, peppers, red onions, feta cheese, Kalamata olives, and our special house vinaigrette. sm. \$6.00 Lg. \$9.00.

### **ENTREES**

(All our entrees are served with vegetables sauteed in white wine and your choice of roasted potatoes with Greek herbs, or Mediterranean rice. Add \$4.50 with small Greek salad, or \$3.50 with bowl of soup.)

**Cruise The Mediterranean Combo** ~ Penelope's Hellenic delight of moussaka, keftedes, spanakopita, and dolmades (stuffed grape leaves)! A Dionysian feast even for the most well-traveled palate \$19.00.

**Mixed Grill Kabob** ~ Two kabobs of chicken, steak filets, and prawns all marinated with herbs in a Greek butter lemon sauce over rice pilaf. A treat for the gods! \$18.00.

**Mediterranean Chicken** ~ Chicken breast, sauteed with tomatoes, roasted garlic, spinach, Kalamata olives, white wine and topped with feta cheese \$15.00

**Chicken Piccata** ~ Pan-seared chicken breast sauteed with mushrooms, capers, garlic, and marsala wine \$15.00.

**Traditional Greek Moussaka** ~ A classic entree made with layers of eggplant, locally raised, natural ground lamb, Greek spices, and parmesan cheese, topped with a creamy bechamel custard, all baked to perfection. The best, west of Hellenic shores! \$16.00.

**Keftedes Over Linguini** ~ Mouth-watering balls of locally raised, natural ground lamb seasoned Greek style with special herbs and cooked in our tasty Mediterranean sauce, served over linguini and parmesan cheese. \$14.00.

**Pork Tenderloin Kefalonian Style** ~ Stuffed with fresh spinach, feta cheese, and roasted garlic. Served with brandied pears, and topped with pear sauce \$18.00.

**Psari Plaki** ~ Mahi Mahi baked in our specially seasoned sauce, with red onions, garlic, parsley, white wine, lemon juice, and extra virgin olive oil \$17.00.

**Broiled Salmon Kefalonian** ~ Salmon broiled and seasoned with extra virgin olive oil, Greek oregano, fresh garlic, and lemon juice \$18.00.

**Scampi Mediterranean** ~ Juicy, jumbo tiger prawns sauteed in garlic butter, herbs, spices, and white wine. An unforgettable culinary experience! \$18.00.

**Peppered Tenderloin Flambee** ~Filet Mignon "getting happy" in crushed peppercorns, cooked to your specifications, and flamed in a creamy brandy sauce, with fresh mushrooms. Topped with fried leeks. \$19.00.

### **VEGETARIAN**

**Pasta Primavera** ~ A delicious medley of fresh, sauteed vegetables in a creamy wine sauce poured over a generous portion of linguini with parmesan cheese \$12.00.

**Imam Baldi** ~ Stuffed eggplant with fresh tomatoes, roasted garlic, pine nuts, and fresh herbs. Topped with feta cheese. A sultan's delight! \$13.00.

**Spanakopita** ~ The heralded Greek combo of spinach and feta cheese baked to perfection in phyllo dough. Served with a Mediterranean rice blend, and veggies \$15.00.

**Penelope's Stuffed Portabello Delight** ~ 3-Cheese (feta, fontina, provolone) portabello mushroom broiled, and stuffed with fresh tomatoes, spinach, red onion, parsley, and feta cheese. Delicately seasoned and topped with provolone and fontina cheese \$16.00.

**"At Penelope's, every plate is a vessel of love!"**



## Appetizers

|                                            |             |
|--------------------------------------------|-------------|
| <b>Nachos</b> .....                        | 5.95 & 7.95 |
| <b>Jarritos Nachos (hot)</b> .....         | 8.95        |
| <b>Guacamole &amp; Chips</b> .....         | 5.95        |
| <b>Jarritos Bean Dip &amp; Chips</b> ..... | 5.95        |
| <b>Jalapeno Popper</b> ....                | 3.95 & 5.95 |

## Chicken Specialties

*(Includes Rice & Beans)*

|                                           |       |
|-------------------------------------------|-------|
| <b>Fajitas de Pollo</b> .....             | 10.95 |
| <b>Enchiladas de Pollo Rojas</b> .....    | 9.95  |
| <b>Enchiladas de Pollo Verdes</b> .....   | 9.95  |
| <b>Enchiladas de Pollo con Mole</b> ..... | 9.95  |
| <b>Pollo en Mole</b> .....                | 10.95 |
| <b>Tamales de Pollo</b> .....             | 10.95 |
| <b>Pollo Ranchero</b> .....               | 9.95  |
| <b>Pollo Salvadorian style</b> ....       | 10.95 |

## Beef Specialties

*(Includes Rice & Beans)*

|                                        |       |
|----------------------------------------|-------|
| <b>Fajitas de Carne</b> .....          | 10.95 |
| <b>Carne Asada</b> .....               | 9.95  |
| <b>Steak Ranchero</b> .....            | 9.95  |
| <b>Enchiladas Rojas de Asada</b> ..... | 9.95  |

## Pork Specialties

*(Includes Rice & Beans)*

|                                             |       |
|---------------------------------------------|-------|
| <b>Chile Verde</b> .....                    | 10.95 |
| <b>Tamales con Puerco</b> .....             | 10.95 |
| <b>Enchiladas Supreme de Carnitas</b> ..... | 9.95  |

## Vegetarian Specialties

*(Includes Rice & Beans)*

|                                         |      |
|-----------------------------------------|------|
| <b>Enchiladas de Queso</b> .....        | 8.50 |
| <b>Enchiladas de Tempeh</b> .....       | 9.95 |
| <b>Enchiladas Poblanas w/tofu</b> ..... | 9.95 |
| <b>Tamales Vegetarianos</b> .....       | 9.95 |
| <b>Chile Relleno Plato</b> .....        | 9.95 |
| <b>Papas Vegetarian</b> .....           | 9.95 |

## Burritos

Our burritos come with your choice of one of the following fillings: chicken, steak, pork, bacon, chorizo, tempeh, tofu or vegetarian. Add \$2.00 to any burrito with lengua, al pastor or fish.

|                                        |      |
|----------------------------------------|------|
| <b>Bean &amp; Cheese Burrito</b> ..... | 3.95 |
| <b>Burrito Regular</b> .....           | 4.50 |
| <b>Burrito Extra Grande</b> .....      | 5.50 |
| <b>Burrito Salvadorian</b> .....       | 5.95 |
| <b>Burrito Mojado</b> .....            | 6.95 |
| <b>Burrito Mexican</b> .....           | 6.95 |
| <b>Burrito Poblano</b> .....           | 6.95 |
| <b>Burrito de Chile Relleno</b> .....  | 6.95 |
| <i>(Chile Relleno is the filling)</i>  |      |
| <b>Burrito de Mole</b> .....           | 8.95 |
| <b>Burrito De Chile Verde</b> .....    | 8.95 |
| <b>Burrito Super Jarrito</b> .....     | 9.95 |

## Seafood Specialties

|                              |       |
|------------------------------|-------|
| <b>Seafood Burrito</b> ..... | 9.95  |
| <b>Shrimp Fajitas</b> .....  | 11.95 |



**EAT IN OR TAKE OUT • MON. - SAT. 11AM - 9PM • SUN. 4PM - 9PM  
764 Blair Blvd. • Eugene, OR 97402 • 344-0650**



# Iraila

*Please note our menu is seasonal and some changes may occur in November for our winter menu.*

For full menu & wine list,  
please visit our website: [www.iraila.com](http://www.iraila.com)

**Mediterranean Rustica 2435 Hilyard • Eugene • 541.684.8400**

## Starters, Tapas, Mezes and Small Plates

*Mix and match for a Tapas style feast...*

### **Iraila's Special Salad**

Please ask your server for tonight's selection.

### **Marinated Olives 5.00**

A mixture of nicoise, oil cured morrocan, kalamatas, or jumbo green – ask for tonight's selection.

### **Mixed Green Salad 4.00**

Fresh organic greens with your choice of our homemade Champagne Vinaigrette or Creamy Gorgonzola.

### **Haloumi Salad 7.50 (vegetarian)**

Mixed organic greens tossed together with grilled Haloumi Cheese, sweet and mild grilled Anaheim peppers and cherry tomatoes in our homemade Champagne Vinaigrette.

### **Beet Salad 6.50 (vegan)**

A layered salad of beets, carrots, thinly sliced red onion, a dressing of imported Spanish sherry vinegar, Spanish extra-virgin olive oil, parsley and topped with roasted walnuts.

### **Polenta 6.50 (vegan or vegetarian)**

Choose from our cream based OR vegetable stock based polenta. Served with poblano and romesco sauce - a classic tomato-pepper-nut blend – we use a mixture of almond and hazelnuts.

### **Whipped Feta & Kalamata 9.00 (vegetarian)**

Chilled-whipped Israeli Feta with spicy flash fried Kalamata Olives, with roasted garlic clove, tomato and a hot ciabatta roll.

### **Fritter Platter 9.50 (vegetarian)**

(vegan chickpea & tomato fritters available)

A selection of fried vegetable fritters, including: chickpea, tomato, zucchini, and cumin carrot. Served with a tzatziki and a grilled poblano - red bell pepper dipping sauce.

### **Capriata 7.50 (vegan)**

This southern Italian dish consists of savory puréed white beans, yellow split-pea purrée and is served with grilled bread and lemon - garlic chard.

### **Persian Rice (vegan) Whole Order 8.50 1/2 Order 4.25**

Our version of a delectable rice dish mildly seasoned with cinnamon, star anise and the sweet flavors of apricot, raisins, and pistachios, topped with caramelized onions.

### **Joyce's Gnocchi (vegetarian) 9.00 1/2 Order 4.50**

Completely handmade, with ricotta, eggs and flour. Topped with hazelnut butter sauce OR marinara and Parmesan.

### **Albondigas 8.00**

Classic Spanish meatballs in a white wine-saffron sauce with crushed almonds and shallots. Served with toasted bread.

### **Summer Vegetables 5.00 (vegan)**

A daily selection of savory summer delectables. Please ask your server for today's selection.

### **Side of Moroccan Lentils 4.00 (vegan)**

Mixed lentils with toasted cumin, lemon juice, olive oil, red onion and parsley.

### **Couscous 3.00 (vegan)**

This hard wheat semolina grain is a staple of the North African diet with red onion, parsley, bell pepper and vegetable stock.

### **Pasta Bambino 8.00 (meat) 6.00 (vegetarian/vegan)**

1/2 Order 4.00 3.00

Imported Italian Pasta el Ceppo with meat OR marinara sauce with Parmesan. Specify no Parmesan for vegan.

*We endeavor to bring you fresh and interesting food. We strive to use organic local and imported ingredients whenever possible. Iraila is proud to feature:*

**Greener Pastures Organic Pasture Range Chicken • Hay Bayles! Farm Organic Salad Greens  
Cattail Creek Organic Lamb & Organic Coffee from Wandering Goat Coffee Roasters**

---

## Large Plates

Served with a small mixed green salad and your choice of a **champagne vinaigrette** or **creamy Gorgonzola**.

### **Lagane E Ceci 13.00 (vegan or vegetarian)**

This Southern Campanian dish combines chickpeas (please specify for **olive oil OR Butter**) and a classic tomato sauce with heaps of fresh basil. This 'cheeseless' pasta's origins go back more than a thousand years!

### **Cassoulet 13.00 (vegetarian)**

Our summer vegetable selection sautéed with white beans in butter and garlic, layered with fontina cheese and pine nuts and topped with a French-style puff pastry. Served with Moroccan lentil salad.

### **Imam Bayildi - Imam's Delight 11.00 (vegan)**

When first served this ragout of eggplant, Turkish paprika, onion, tomato, and toasted piñon nuts, the Turkish sultan swooned with delight. Served with Moroccan lentils and pita.

### **Iraila's Lasagna 12.50 (meat) 11.00 (vegetarian)**

A carefully guarded family recipe, handed down from mother to son, rich in ricotta cheese, eggs, mozzarella, and a layer of carrot and zucchini. Served with a **carbonara sauce OR vegetarian marinara sauce** and bread.

### **Polenta bowl 12.00 Grilled Portabello 14.00 (vegan) add feta .50**

Vegetables layered on a bed of couscous, topped with either a **cream-based OR a vegetable-based** polenta and served with a choice of poblano sauce or romesco.

### **Chicken Lyon 16.00 For Two 30.00**

Our Organic Pasture Range Chicken in this classic Southern French dish with garlic simmered in a light lemon sauce, with summer vegetables, couscous and a hot ciabatta roll.

### **Kotopoulo Filo Chicken 16.00**

Roasted pasture - range chicken with lemon, cumin, caramelized onion and feta cheese, topped with buttery filo dough and baked. Served with couscous and roasted vegetables.

### **Pork Chop Provolone 16.00**

Like our Aunt Joyce, we use the best provolone, imported prosciutto and fresh sage to stuff our chops, served with summer vegetables and Moroccan lentil salad.

### **Kofta 13.50**

This classic middle eastern dish begins with our fresh organic ground lamb mixed with garlic, onion, parsley, salt, pepper, and fresh mint. Grilled and served with tzatziki sauce, couscous, and roasted vegetables.

### **Domates Soslu Kebap 13.00**

This south eastern Turkish dish combines grilled minced lamb with garlic. Served on a bed of grilled eggplant and lemon-garlic chard. Topped with a grilled poblano - red pepper sauce.

### **Lamb Tajine with Dates & Almonds 15.50**

A common North African stew, combining our organic lamb, and an African spice mix of cumin, cinnamon, ginger, with carrots, red cabbage, dates and almonds. Served with Moroccan lentil salad or couscous.

### **Honey Rosemary Lamb Skewer 16.00**

Organic lamb marinated in olive oil, rosemary, honey and fresh cracked pepper. Skewered and grilled with seasonal vegetables. Served with a dipping sauce, couscous, and roasted vegetables.

### **Gambas al Ajillo - Garlic Shrimp 13.00**

Shrimp infused with garlic, dry sherry and drenched in lemon, and served with grilled bread and couscous.

### **Portuguese Grilled Shrimp 12.50**

Shrimp marinated in orange juice and zest, garlic, olive oil and grilled. Served with couscous and summer vegetables.

### **African Red Snapper 16.00**

Cumin flour dusted snapper, pan sautéed in garlic oil, topped with a classic North African Chermoula of cilantro, toasted cumin, roasted garlic, and lemon juice. Served with roasted vegetables and couscous.

### **Lamb Skewer & Chicken Lyon for two 30.00**

With roasted vegetables, couscous and lentils.

*We are now  
Delivering  
Delicious Thai food*



[www.manolasthai.com](http://www.manolasthai.com)

**Manola's**  
Thai Cuisine

**541 342-6666**  
652 E. Broadway Eugene, OR 97403

### APPETIZERS

|                           |        |
|---------------------------|--------|
| THAI SPRING ROLLS .....   | \$5.95 |
| GHAI SATAY .....          | \$7.95 |
| NUAH YANG .....           | \$8.95 |
| GOLDEN FRIED TEMPEH ..... | \$5.95 |
| CALAMARI .....            | \$8.95 |
| SALAD ROLLS .....         | \$5.95 |
| CHICKEN TEMPURA .....     | \$7.95 |
| COCONUT PRAWNS .....      | \$8.95 |

### SOUPS

|                          |         |
|--------------------------|---------|
| THOM YUM GOONG** .....   | \$13.95 |
| MIXED SEAFOOD .....      | \$15.95 |
| HOT AND SOUR SOUP* ..... | \$8.95  |
| KWITEAU THOM YUM* .....  | \$7.95  |
| THOM KAA GHAI* .....     | \$9.95  |
| WITH FISH .....          | \$13.95 |
| SEAWEED SOUP .....       | \$8.95  |

### SALADS

|                               |         |
|-------------------------------|---------|
| SOM TUM* .....                | \$8.95  |
| PINEAPPLE NOODLES SALAD ..... | \$7.95  |
| GRAPEFRUIT SALAD* .....       | \$7.95  |
| TIGER CRIES** .....           | \$11.95 |
| LAAB** .....                  | \$9.95  |
| YUM PLA MUK** .....           | \$11.95 |
| PHLA GOONG** .....            | \$11.95 |

### ENTREES

|                                 |         |
|---------------------------------|---------|
| PAD THAI(Chicken or Pork) ..... | \$8.95  |
| With Prawns .....               | \$13.95 |
| VOLCANO CHICKEN .....           | \$11.95 |
| CASHEW CHICKEN .....            | \$10.50 |
| PAD PED SIAM*** .....           | \$13.95 |
| PAD WOON SEN .....              | \$8.95  |
| HONEY ROASTED DUCK .....        | \$15.95 |
| GINGER CHICKEN OR PORK .....    | \$9.95  |
| STIR FRIED EGGPLANT** .....     | \$9.95  |
| PAD PRIG BYGAPAO** .....        | \$9.95  |
| GHAI PAD KOWPOD .....           | \$9.95  |
| VEGETABLE DELIGHT .....         | \$9.95  |
| GARLIC GREEN BEANS .....        | \$9.95  |
| THAI PEPPER STEAK .....         | \$11.95 |
| KOW PAD BYGAPAO** .....         | \$9.95  |
| THAI STYLE FRIED RICE .....     | \$8.95  |
| KOW MAAN GHAI .....             | \$9.95  |
| PAD KEE MOW** .....             | \$8.95  |

### CURRY DISHES

|                           |         |
|---------------------------|---------|
| MASSAMAN** .....          | \$11.95 |
| RED CURRY** .....         | \$10.50 |
| PINEAPPLE CURRY** .....   | \$15.95 |
| SEAFOOD CURRY** .....     | \$16.95 |
| GREEN CURRY** .....       | \$10.50 |
| THAI YELLOW CURRY** ..... | \$11.95 |
| PEANUT SAUCE CURRY* ..... | \$9.95  |
| PANANG CURRY* .....       | \$15.95 |

### SEAFOOD

|                            |         |
|----------------------------|---------|
| PAD TALAY*** .....         | \$15.95 |
| PLA PAD KEE MOW** .....    | \$14.95 |
| GARLIC PRAWNS              |         |
| WITH GREEN BEANS .....     | \$13.95 |
| GOONG PAD KOWPOTE .....    | \$13.95 |
| GRILLED PRAWNS .....       | \$14.95 |
| PINEAPPLE FRIED RICE ..... | \$15.95 |

### VEGETARIAN SOUPS

|                          |        |
|--------------------------|--------|
| HOT AND SOUR SOUP* ..... | \$8.95 |
| SEAWEED SOUP .....       | \$8.95 |
| THOM KAA TOFU* .....     | \$9.95 |

### VEGETARIAN SALAD

|                               |        |
|-------------------------------|--------|
| SOM TUM* .....                | \$7.95 |
| THAI CHEF SALAD .....         | \$7.95 |
| PINEAPPLE NOODLES SALAD ..... | \$7.95 |
| GRAPEFRUIT SALAD* .....       | \$7.95 |

### VEGETARIAN ENTREES

|                                  |        |
|----------------------------------|--------|
| VEGETARIAN PAD THAI .....        | \$8.95 |
| PAD KEE MOW** .....              | \$8.95 |
| PAD SEE YU .....                 | \$8.95 |
| GINGER TOFU .....                | \$9.95 |
| STIR FRIED THAI EGGPLANT** ..... | \$9.95 |
| PAD PRIG BYGAPAO** .....         | \$9.95 |
| VEGETARIAN DELIGHT .....         | \$9.95 |
| GARLIC GREEN BEANS .....         | \$9.95 |
| KOW PAD BYGAPAO** .....          | \$9.95 |
| THAI STYLE FRIED RICE .....      | \$8.95 |
| WILD RICE WITH TOFU .....        | \$8.95 |

### VEGETARIAN CURRIES

|                               |         |
|-------------------------------|---------|
| PEANUT SAUCE CURRY* .....     | \$9.95  |
| THAI EGGPLANT CURRY** .....   | \$10.50 |
| VEGETABLE RED CURRY** .....   | \$10.50 |
| VEGETABLE GREEN CURRY** ..... | \$10.50 |
| PINEAPPLE CURRY** .....       | \$10.50 |
| PANANG CURRY** .....          | \$11.95 |

**FULL MENU AVAILABLE ONLINE: [WWW.MANOLASTHAI.COM](http://WWW.MANOLASTHAI.COM)**



# Sweet Life Pâtisserie

**Desserts by the slice**

**Breakfast Pastries**

**Vegan Desserts**

**Gelato and Sorbetto**

**Larry and Luna's Coconut Bliss™**

**Chocolates and Truffles**

**Birthday and Wedding Cakes**

**Organic Espresso**

**Coffee and Tea**

**Baguettes**

**Open till 11pm 7 days a week**

**755 Monroe St.**

**683-5676**

**[sweetlifedesserts.com](http://sweetlifedesserts.com)**



- **Vegan-Friendly**
- **Wheat-Free Options**
- **Dairy-Free Options**
- **Meat Options**

HOURS: 8AM-9PM, MON.-SAT. • 9AM-9PM, SUN.

**In the Friendly St. Market**  
**541-343-3460**  
[www.latitudel0cafe.com](http://www.latitudel0cafe.com)

## Breakfast

|                                              |                     |
|----------------------------------------------|---------------------|
| Two eggs any style, toast & homefries        | 8.95                |
| Mediterranean Scramble w/ toast & homefries  | 8.95                |
| Country Scramble w/ toast & homefries        | 8.95                |
| Denver Scramble w/ toast & homefries         | 8.95                |
| Southwestern Scramble w/ toast & homefries   | 8.95                |
| Build your own scramble w/ toast & homefries | 8.95                |
| Huevos Rancheros                             | 1/2 order 5.50 8.95 |
| Breakfast Burrito                            | 7.95                |
| Breakfast Croissant Sandwich                 | 3.95                |
| Breakfast bagel                              | 2.95                |
| Granola (bowl w/milk or soy milk)            | 3.95                |
| w/raspberry yogurt                           | 4.95                |
| Oatmeal w/ raisins & brown sugar             | 3.95                |

## Appetizers

|                                             |                   |
|---------------------------------------------|-------------------|
| Side of rice                                | 1.50              |
| Side of beans                               | 1.50              |
| Side of marinated tofu, chicken or beef .sm | 1.50 .lg.3.25     |
| Tortilla chips                              | .sm 1.50 .lg 2.50 |

## Salads

|                                                              |      |
|--------------------------------------------------------------|------|
| Garden                                                       | 4.95 |
| Mediterranean                                                | 5.45 |
| Parisian                                                     | 5.95 |
| Taco                                                         | 6.95 |
| Build your own                                               | 4.95 |
| Dressings: Balsamic Vinaigrette or Annie's Goddess dressing. |      |
| Check for dressing specials.                                 |      |

## Sandwiches

|                              |                           |
|------------------------------|---------------------------|
| Veggie                       | 5.45                      |
| Turkey or Ham                | 6.95                      |
| Holiday Favorite             | 7.95                      |
| Fajita Melt                  | 7.95                      |
| Italian Melt                 | Veggie 5.95 .w/ meat 7.95 |
| California Melt              | .w/ meat 7.95             |
| Bagel                        | Veggie 3.95 .w/ meat 5.95 |
| Croissant                    | Veggie 4.95 .w/ meat 6.95 |
| Peanut Butter and Jelly      | 2.95                      |
| Grilled Cheese               | 3.95                      |
| Side salad with any sandwich | add 2.00                  |

Ask about our daily specials!

## Specialties

|                                         |                  |
|-----------------------------------------|------------------|
| Fish Taco w/ rice & beans or side salad | 6.95             |
|                                         | .a la carte 4.45 |
| Soft Taco w/ rice & beans or side salad | 6.95             |
|                                         | .a la carte 4.45 |
| Fajitas w/ rice & beans or side salad   | 9.45             |
|                                         | .a la carte 6.95 |

|                    |      |
|--------------------|------|
| Quesadilla         | 4.45 |
| Quesadilla Supreme | 5.95 |
| Nachos             | 4.95 |
| Nachos Supreme     | 7.45 |
| Fiesta Bowl        | 6.95 |

## Burritos

We make our tortillas, rice, beans, and salsas fresh everyday. The wheat tortillas, black beans, brown rice and tofu are all vegan.

|                                     |      |
|-------------------------------------|------|
| Garden Burrito                      | 6.45 |
| Vegan Burrito                       | 6.45 |
| Burrito Supreme                     | 6.45 |
| Burrito Classico                    | 6.45 |
| Burrito Del Mar                     | 7.95 |
| Build your own burrito (base price) | 6.45 |
| Bean and cheese                     | 3.95 |

## Beer

|  |      |
|--|------|
|  | 2.75 |
|--|------|

## Wine

|  |            |
|--|------------|
|  | 5.00/glass |
|--|------------|

## Beverages

|                        | 12oz/single | 16oz/double | 20oz/triple |
|------------------------|-------------|-------------|-------------|
| Coffee                 | 1.40        | 1.70        | 2.00        |
| Café Au Lait           | 2.00        | 2.50        | 3.00        |
| Espresso               | 1.25        | 1.75        | 2.25        |
| Americano              | 1.25        | 1.75        | 2.25        |
| Shot in the Dark       | 2.50        | 3.25        | 4.00        |
| Latté                  | 2.40        | 2.95        | 3.45        |
| Flavored Latté         | 2.90        | 3.45        | 3.95        |
| Cappuccino             | 2.50        | 3.00        | 3.50        |
| Café Brevé             | 2.90        | 3.70        | 4.45        |
| Mocha                  | 2.90        | 3.45        | 3.95        |
| Mocha Brevé            | 3.40        | 4.20        | 4.95        |
| White Mocha            | 3.25        | 3.95        | 4.75        |
| Steamers               | 2.00        | 2.50        | 3.00        |
| Hot Chocolate          | 2.25        | 2.50        | 2.75        |
| Tea                    | 1.25        | 1.25        | 1.25        |
| Chai                   | 2.50        | 3.00        | 3.50        |
| Yerba Matte            | N/A         | 1.95        | N/A         |
| Frappuccino            | N/A         | 3.50        | N/A         |
| Syrups, flavors        | .50¢        | .50¢        | .50¢        |
| Add whipped cream      | .25¢        | .25¢        | .25¢        |
| Horchata (vegan)       | 1.75        | 2.25        | 2.75        |
| Smoothies              | N/A         | 3.50        | N/A         |
| Orange Juice (Odwalla) | 1.50        | 1.95        | 2.40        |
| Milk                   | .95¢        | 1.25        | 1.55        |
| Root beer              | 1.50        | N/A         | N/A         |
| Soda                   | 1.00        | N/A         | N/A         |
| Izze                   | 1.75        | N/A         | N/A         |
| Mineral Water          | 1.50        | N/A         | 2.95        |
| Iced Tea               | 1.50        | 1.95        | 2.40        |

Welcome to Taste of India



## Authentic Indian Cuisine

### Shuruat

Exotic Appetizers

- PANEER PAKORA** .....4.95  
Deep fried homemade cottage cheese fritters
- MIXED ASSORTED VEGGIE** .....5.50  
2 Samosa, 4 Pakora, 1 Papadum
- ONION BHAJI** .....3.95  
Delicately spiced deep fried onion fritters
- VEGETABLE PAKORA** .....3.50  
Mixed vegetable fritters
- VEGETABLE SAMOSA** .....3.50  
OTHER OPTIONS AVAILABLE.

### Shorbas

Soups

- MULLIGATAWNY SOUP** .....3.50  
Delicately spiced lentil soup - garnished with rice and chicken
- DAL SOUP** .....2.95  
Delicately spiced lentil soup - garnished with vegetables

### Roti

Indian Breads, Freshly Baked

- NAN** Leavened bread .....1.95
- ONION KULCHA** .....2.50  
Nan stuffed with onions
- GARLIC NAN** .....2.50  
Nan stuffed with fresh garlic
- PARATHA** .....1.95  
Buttered and layered whole wheat bread
- ALOO PARATHA** .....2.95  
Whole wheat bread stuffed with spiced potatoes and peas
- GHOBI PARATHA** .....2.95  
Whole wheat bread stuffed with cauliflower
- CHAPATI** .....1.95  
Famous whole wheat bread
- OTHER OPTIONS AVAILABLE  
SERVED MILD, MEDIUM, HOT OR SPICY ON REQUEST

### Tandoori Nazaare

All Entrees Served with Rice, Papadum and Sauce

Full Half

- TANDOORI CHICKEN** .8.95 14.95  
Chicken marinated in yogurt and roasted on skewers in a clay oven

### CHICKEN TIKKA

Boneless chicken pieces marinated and roasted in a clay oven

- BOTI KABAB** .....12.95  
Cubes of lamb marinated in spices and roasted in a clay oven
- SEEKH KABAB** .....13.95  
Minced lamb with onions, herbs and spices roasted in a clay oven
- TANDOORI PRAWNS** .....13.95  
King prawns marinated in spices and roasted in a clay oven
- TANDOORI MIXED GRILL** .....15.95  
Assorted tandoori specialties

### Gosht Bemisaal

Fragrant Lamb Curries a la carte

- LAMB CURRY** .....9.95
- SAG LAMB** .....9.95  
Lamb cooked with spiced cream spinach
- GOSHT BHUNA** .....10.95  
Lamb cooked in a semidry spicy sauce
- LAMB KORMA** .....10.95  
Lamb cooked in a moderately spiced cream sauce with nuts
- LAMB VINDALOO** .....9.95  
Lamb in a hot spicy sauce with potatoes
- KEEMA MUSHROOM** .....9.95  
Minced lamb cooked with spices and mushrooms
- KEEMA MATTAR** .....9.95  
Minced lamb with green peas
- BOTI TIKKA MASALA** .....10.95  
Clay oven roasted lamb cubes in a mildly spiced sauce

### Bahar-E-Murg

Exquisite Chicken Curries

- CHICKEN CURRY** .....8.95
- CHILI CHICKEN** .....9.95
- CHICKEN SAGWALA** .....8.95  
Chicken cooked in with delicately spiced creamed spinach
- CHICKEN MUSHROOM** .....8.95  
Tender chicken cooked with spices and mushrooms
- BHUNA CHICKEN** .....9.95  
Chicken cooked in a blend of tomatoes and spices
- CHICKEN VINDALOO** .....8.95  
Chicken cooked in a hot spicy sauce with potatoes
- CHICKEN TIKKA MASALA** .....9.95  
Clay oven roasted chicken in a mildly spiced sauce

## Saager Se

Seafood Delicacies

- SHRIMP CURRY** .....10.95  
Prawns cooked in a flavorful gravy
- SHRIMP PEPPER MASALA** .....10.95  
Spiced prawns with fresh bell peppers and herbs
- SHRIMP VINDALOO** .....10.95  
Shrimp cooked in a hot spicy sauce with potatoes

## Biriyani

Tempting Rice Dishes

- VEGETABLE BIRIYANI** .....8.95  
An assortment of vegetables mixed with saffron flavored basmati rice with raisins and nuts
- CHICKEN BIRIYANI** .....9.95  
Saffron flavored basmati rice cooked with chicken and garnished with raisins and nuts
- SHRIMP BIRIYANI** .....11.95  
Saffron flavored basmati rice with prawns and garnished with raisins and nuts

## Bahar-E-Sabaz

Vegetarian Specialties Curried

- BENGAN BHARTHA** .....7.95  
Fresh eggplant baked and cooked with onions, tomatoes and peas
- ALOD MATTAR** .....7.95  
Fresh green peas and potatoes cooked with herbs and spices
- DHUM ALOO** .....7.95  
Potatoes cooked in a spicy onion gravy
- ALOO GOBHI** .....7.95  
Potato, cauliflower & tomato with Indian spices
- SAG PANEER** .....8.95  
Fresh spinach cooked with herbs and homemade cheese
- CHANA MASALA** .....7.95  
Garbanzo beans in a special blend of spices
- DAAL MAKHNI** .....7.95  
Creamed lentils, delicately spiced
- ALLO PALAK** .....7.95  
Fresh spinach and potatoes cooked with herbs and spices
- MIXED VEGETABLES** .....7.95

## Taste of India Feast

- CHEF SPECIAL THALI** .....17.95  
Tandoori Chicken, Chicken Tikka, Pillav, Salad, Seekh Kabab, Lamb Curry, Nana, Kheer, Boti Kabab, Mattar Paneer, Raita, Tea or Coffee.

- TASTE OF INDIA SPECIAL THALI** 16.95  
Tandoori Chicken, Mattar Paneer Raita, Kheerz, Rogan Josh, Pillav, .Salad, Tea or Coffee, Sag Lamb, Nan.

- PURE VEGETARIAN THALI** 15.95  
Veg Samosa, Navratan Korma, Raita/Kheer, Sag Paneer, Pillav, Salad, Tea, Chana Masala, Nan

- TRY OUR DAILY LUNCH BUFFET MENU** 6.99  
Beer, wine & other Indian beverages available
- STUDENT BUFFET SPECIAL** (to go only) 3.99

FULL MENU AVAILABLE:  
<http://tasteofindia.uswestdex.com>

**PONY EXPRESS** 

**FOR DELIVERY CALL  
PONY EXPRESS  
485-2090**

2495 HILYARD STREET • EUGENE, OR 97405 • HOURS: 11-3 LUNCH • 5-10 DINNER  
(541) 485-9560 • (541) 485-9698 • FULL MENU AVAILABLE TO GO • CATERING AVAILABLE



"Where everything is Premium Poured"

**1010 Oak Street**  
**Eugene, Oregon • 485-4695**

## JAXX SNACKS

Nachos \$5.50  
Egg Rolls \$4.50  
Mozzarella Sticks \$4.50  
Edamame \$3.00  
Brie and Pita Bread \$6.50  
Hot Pockets \$2.75  
French Fries \$2.75  
Birthday Cup Cake & Candle \$2.00  
Pepper Stick \$1.50  
Popcorn \$1.00

## JAXX SALADS

DRESSINGS: RANCH, JAXX VINAIGRETTE, ANNIE'S  
GODDESS, CAESAR, ITALIAN

### CAESAR \$5.00

*Romaine, parmesan, Caesar dressing, & croutons*

### GARDEN \$5.00

*Mixed greens & romaine, carrots, jack cheese, black olives*

### MEDITERRANEAN \$5.50

*(Mixed greens, kalamata olives, artichoke hearts, sun dried tomatoes & feta)*

## JAXX ENTRÉES

SERVED WITH YOUR CHOICE OF SALAD ABOVE

### HUNGRY NINJA \$8.00

*Mongolian Beef, a blend of vegetables on a bed of rice, made for a warrior.*

### GARFIELDS DELIGHT \$8.50

*Dave's special Lasagna that will take you to fat cat heaven.*

### CHICKEN FETTUCCINI w/ BROCCOLI \$8.00

*Luscious noodles & chicken smothered in Alfred.  
Ask for a kiss of garlic!*

### SPAGHETTI & SWEDISH MEATBALLS \$7.50

*Served pippin' hot you can't resist this European classic.*

### SAVORY POTPIE (prep: 25 min) \$7.75

*Chicken or turkey served just the way JAXX's aunt Marie did as an early settler.*

### GREEN GODDESS \$8.50

*Warm brie cheese served with pita bread, apple slices, and your choice of salad.*

### LAUGHING PLANET BURRITO

*(when available) \$8.00*

*Burrito special with a side of chips and salsa.*

## WINE LIST

### WHITE

#### Columbia Crest-Grans Estates 2002

\$6.00/glass & 21\$/btl

King Estates, Pinot Gris 2003 \$6.00/glass & 21\$/btl

### RED

#### Columbia Crest-Grans Estates, Cabernet 2001

\$5.50/glass & 20\$/btl

Blackstone, Merlot 2002 \$5.50/glass & 20\$/btl

Benzinger, Merlot 2001 \$7.00/glass & 26\$/btl

Banrock, Merlot \$5.50/glass & 20\$/btl

Fire Steed, Pinot Noir 2001 \$5.50/glass & 20\$/btl

Duck Pond, Pinot Noir \$6.00/glass & 21\$/btl

Benzinger, Syrah \$6.00/glass & 21\$/btl

### BLUSH

Oregon Blossom \$3.50/glass & \$16/btl

### SPARKLING

Schloss Bieric \$3.50/glass & \$15/btl

### DESSERT/PORT

Fonseca \$4.00/3oz

## BOTTLED BEERS

Bud & Bud Light \$2.50

Coors Light (12oz btl) \$2.50

Fosters (12oz) \$3.00

Rolling Rock (12oz btl) \$2.50

Corona (12oz/24oz) \$3.00/5.00

Heineken (12oz/24oz) \$3.00/5.00

Widmer Hefeweizen (12oz btl) \$3.00

Session \$3.00

Terminal Gravity IPA \$3.00

Mirror Pond Pale Ale \$3.00

Black Butte Port \$3.00

Guinness Stout \$3.00

## NON-ALCOHOLIC

Soda: Coke, Diet Coke, Sierra Mist, & Squirt \$1.50

Coffee \$1.50

Green Tea \$2.00

Red Bull \$3.50

Juice: Cranberry, Grapefruit, Orange, Pineapple,  
Tomato \$2.00

Fresh Muddled Lemonade, O.J., & Limeade  
\$2.00



# BLUE LUNA

## CLUB

### Appetizers

**JOHNNYCAKES...**Thin, golden brown cakes stuffed with smoked Gouda and served with a spicy garlic mango sauce **5.95**

**ONION FRITTERS...**Soft fluffy fritters made with whole kernel corn, fried to golden brown and served with whipped butter **3.95**

**MARIQUITAS...**Thin cut plantains fried until crispy and served with sofrito, mojo and lime cream pepper dipping sauces **5.95**

**JERK PRAWN SKEWERS...**Two skewers of jerk marinated prawns **6.95**

### Salads

**SIMPLE GREEN SALAD...**Made with a mesclun mix **3.95**

**CITRUS CURRIED RICE SALAD...**Lime infused curried brown rice with celery, yellow raisins, pecans, cucumbers and yogurt. Chilled and served, as nature's finest. Lunch - **5.95** Dinner - **6.95**

**TROPICAL SHRIMP SALAD...**Papayas, mangos, Jamaican (red) onions, pineapple and shrimp served with a creamy cilantro-coconut dressing. Lunch - **6.95** Dinner - **8.95**

**CUBAN GARBANZO BEAN SALAD...**A fresh, crispy salad made with garbanzos, red and green bell peppers, Jamaican (red) onion, lime juice and spices. Lunch - **6.95** Dinner - **8.95**

### Soups

**CARIBBEAN CONCH CHOWDER...**Fresh vegetable and conch, seasoned with bacon **5.95**

**CUBAN BLACK BEAN SOUP...**Made the traditional Cuban way, seasoned with pork, Spanish onions, cilantro and garlic **6.95**

### Sides

**CURRIED POTATOES** **2.95**

**FRESH SEASONAL FRUIT** **3.95**

**MOROS Y CRISTIANOS...**(black beans and rice) **2.95**

### Dinner Entrees

*All seafood and meat entrees are served with your choice of black beans or red beans and lime infused jasmine rice, spicy coconut rice or brown rice*

### Seafood

**CRAB BACK...**(2 SHELLS) A true Jamaican treat! Lump crab pulled and seasoned with vegetables and cheese then stuffed back into crab shells and baked to a golden brown **14.95**

**JAMAICAN JUMPING FISH...**Steamed in banana leaves with pimento branches **12.95**

**CHEF'S FAVORITE: SEAFOOD CASSE-ROLE...**Made with crab, shrimp, conch and langostino then smothered in a tantalizing rich cream-pepper sauce **14.95**

**LANGOSTINO...**Marinated in a garlic and lime sauce then grilled **16.95**

**SPICY FLYING FISH BALLS...**White fish finely chopped with celery, scallions, carrots and chives, rolled in corn encrusted balls, served with a lime cream pepper sauce **13.95**

### Meats

**CUBAN COCONUT CHICKEN...**Coconut soaked chicken breast baked and served with a mango pepper sauce **13.95**

**CHICKEN SOFRITO...**Tender chicken chunks sautéed with peppers and onions, enveloped in a Cuban sofrito and served over rice **11.95**

**TRADITIONAL JAMAICAN JERK SPICED MEATS:**  
CHICKEN - **10.95** PORK - **10.95**  
PRAWNS - **11.95**

**CURRIED GOAT...**A hearty Jamaican celebratory favorite. No wedding, party or christening would be complete without a pot of this authentic Jamaican specialty made with tender goat and fresh vegetables, cooked to perfection in a rich, garlic curry sauce **14.95**

**ADOBEO...**A classic combination of five nations comes together in this rich flavorful Jamaican Adobo  
CHICKEN - **12.95** PORK - **12.95**  
PRAWNS - **13.95**

**ALLIGATOR TENDERLOIN...**Flavorful Cuban style alligator grilled with fresh fruit and served on a bed of rice with mango peppers sauce **14.95**

**FROG LEGS...**Sautéed in garlic with a hint of rum **16.95**

**NEW YORK STEAK...**Cooked to order **14.95**

### Vegetarian

**RASTA PASTA...**Organic carrot, tomato and spinach pasta mixed with seasonal vegetables and covered with a rich tomato marinara and topped with fresh basil **10.95**

**SWEET POTATO TAMALES...**Two of our chef's exotic, sweet and spicy creations using Jamaican spice in a hand-wrapped tamale. Served island style with your choice of black beans or red beans and lime infused jasmine rice, spicy coconut rice or brown rice **6.95**

**CARIBBEAN CURRY...**Bananas, onion, apples, red peppers, kidney beans, radishes, black-eyed peas, raisins and yogurt served on rice and garnished with cilantro **8.95**

*Service charge when 2 people share one plate*  
**\$2.00**

*No Substitutions please!*

### Desserts

**PLANTAIN BLOSSOM...**Sweet plantains, deep fried, topped with vanilla-bean ice cream and drizzled with hot-buttered rum sauce **4.95**

**NARANINA PANNACOTTA...**Egg-less custard flavored with orange liquor **5.95**

**CARIBBEAN RUM CAKE...**A world-famous traditional treat **4.95**

**BAHAMA MAMMA CARROT CAKE** **4.95**

**CHOCOLATE TIA MARIA CAKE...**This triple decker decadent delight is for chocolate lovers only **4.95**

### Beverages

**COFFEE**  
JAMAICAN BLUE MOUNTAIN BLEND **3.00**  
REGULAR **1.95**

**SODA 1.50**

Pepsi, Diet Pepsi, Root Beer, Sierra Mist, Dr. Pepper

**JUICE**

Small **1.75** • Large **2.25**

Orange, Pineapple, Cranberry, Grapefruit and Tomato

**LEMONADE, LIMEADE 1.50**

**TEAS**

Ice Tea **1.50**

Yerba Mate **2.50**

Herbal Teas **1.50**

**MILK AND SOY MILK**

Small **1.00** • Large **1.50**

### Lunch

**CARIBBEAN SANDWICHES**

*All of our sandwiches come with your choice of moros y cristianos (black beans and rice) or plantain chips*

**SPICY SHRIMP BURGER...**Fresh bay shrimp chopped with miroipoix and Caribbean spice, grilled and served on your choice of fresh baked organic spinach sourdough, whole wheat sourdough or regular sourdough **8.95**

**CUBAN HAMBURGER...**Ground beef, pork and chorizo seasoned with a spicy sofrito sauce and served on your choice of fresh baked organic spinach sourdough, whole wheat sourdough or regular sourdough **7.95**

**JAMAICAN WHAMMY PULLED PORK SANDWICH...**Roasted pork, pulled and seasoned the true Cuban way with a series of secret spices, topped with a spicy sofrito sauce and served on your choice of sourdough, white or whole wheat Cubano roll **7.95**

**CUBAN PORK SANDWICH...**A Havana classic! Thin tender pork shoulder grilled then topped with Swiss cheese and a dill pickle. Served crusty with a mojo dipping sauce **7.95**

### Other Island Dishes

*Served with moros y cristianos (black beans and rice)*

**TRADITIONAL JAMAICAN JERK SPICED MEAT**

Jerk Chicken **6.95** • Jerk Pork **7.95**

Jerk Prawns **8.95**

### Vegetarian

**PAPAS AREPAS...**Mammy's potato sandwich. Grilled mashed potatoes stuffed with white cheddar and cream queso **6.95**

**RASTA PASTA...**Organic carrot, tomato and spinach pasta mixed with seasonal vegetables and covered with a rich marinara made from fresh tomatoes and topped with fresh basil **5.95**

**CARIBBEAN CURRY...**Bananas, onions, apples, red peppers, kidney beans, radishes, black-eyed peas, raisins and yogurt served on rice and garnished with cilantro **6.95**

*18% Gratuity on parties of 6 or more!*

**1280 Willamette St. • Suite 206 • Eugene, OR • 484-BLUE • bluelunaclub.com**

# TARARIN

## THAI CUISINE

1200 OAK ST., EUGENE, OR  
(541) 343-1230

MON.-FRI. 11-3PM LUNCH 4:30-10PM DINNER  
SAT.-SUN. 12-10PM

**NOW DELIVERING**

TUES.-FRI. 11-3PM LUNCH, 5-9PM DINNER  
SAT.-SUN. 12-9PM

**Please call Restaurant for Full Menu!**

### APPETIZERS

- 27. Fried Tofu (12)** .....\$ 4.95  
Deep fried diced-tofu, served with sweet & sour sauce, topped with ground peanuts.
- 28. Crispy Wonton (6)** .....\$ 4.95  
Wonton skins, stuffed with seasoned chicken, and deep fried. With sweet & sour sauce.
- 29. Golden Salad Roll (2)** .....\$ 4.95  
Deep fried soft rice-paper, stuffed with vegetables and vermicelli noodle. With sweet & sour sauce.
- 30. Garden Salad Roll (2)** .....\$ 4.95  
Fresh selected vegetables and rice noodle, wrapped in soft rice-paper. With sweet & sour sauce, topped with ground peanuts.
- 31. Chicken Satay (4)** .....\$ 7.95  
Chicken, marinated in Thai special sauce, mixed with coconut milk, on skewers. With peanut sauce and cucumber salad.
- 32. Siam Tempura (8)** .....\$ 8.95  
Your choices of deep fried shrimp, squid or mixed vegetables in batter, with plum sauce.
- 33. Ta Ra Rin Sampler** .....\$11.95  
Samples of appetizers # 27, 28, 29, & 31.
- 35. Royal Pumpkin (6)** .....\$ 5.95  
Deep fried Thai pumpkin in batter, and served with homemade sweet & sour sauce.
- 36. Triangle Shrimp (6)** .....\$ 7.95  
Marinated shrimp, wrapped in soft rice-paper, and deep fried, served with plum sauce.

### SOUPS

- 37. Tom Yum** ....Chicken or vegetarian \$ 7.95  
**Shrimp..... \$ 8.95 Fish..... \$ 10.95**  
Spicy & Sour soup, made from lemongrass, galangal root, Kaffir leaves and lime juice. Comes with mushrooms, onions, and topped with cilantro.
- 38. Tom Kha** ....Chicken or vegetarian \$ 7.95  
**Shrimp..... \$ 8.95 Fish .....\$ 10.95**  
Coconut soup, made from coconut milk, simmered with lemongrass, galangal root, Kaffir leaves, and lime juice. Comes with mushrooms, and onions.
- 39. Tom Nuah** .....\$ 8.95  
Stewed beef soup with potatoes, carrots, celery, and tomatoes, topped with cilantro.
- 40. Tom Yum Talay** .....\$11.95  
Spicy & Sour soup with SEAFOOD (Shrimp, Scallop, Squid, Mussel),

### SALADS

- 41. House Salad** .....\$6.95  
Assortment of vegetables tossed in with hard-boiled egg, and peanut sauce dressing.

- 42. Green Papaya Salad** .....\$ 7.95  
Shredded raw papaya and carrots, mixed with peanuts, tomatoes, green beans, fresh chili, and lime-juice.
- 43. Shrimp Papaya salad** .....\$ 9.95
- 44. Grilled Beef Salad** .....\$ 8.95  
Sliced grilled-beef, mixed with spices, lime juice, onions, tomatoes, rice powder, and cucumbers
- 45. Silver Noodle Salad** .....\$ 10.95  
Ground chicken or pork with shrimp and vermicelli noodle, flavored with spicy lime juice dressing, mixed with onions, peanuts, and tomatoes. Served on tossed lettuce bed.
- 46. Laab** .....\$ 8.95  
Ground chicken, beef, or pork, mixed with lime juice, onions, rice powder, and topped with cilantro.
- 47. Lemongrass Chicken Salad** .....\$ 8.95  
Tossed lettuce, seasoned with lime juice, chili, tomatoes, cucumbers, and onions, topped with flavored grilled lemongrass chicken.
- 48. Red Angel Salad** .....\$ 9.95  
(Shrimp Salad)
- 49. White Angel Salad** .....\$ 9.95  
(Squid Salad)
- 50. Ocean Salad** .....\$11.95  
(Seafood Salad)

~~~~~  
**Your Choice Of: (Item # 51-78) Vegetarian, Chicken, Beef or Pork, \$ 8.95 Shrimp or Squid \$ 9.95, or Combination Seafood \$ 11.95**

### STIR FRIES

- 51. Pad Ga Prau** - onions, bell peppers, and basil leaves.
- 52. Pad Pet** - chili sauce, eggplants, bamboo shoots, onions, bell peppers, and basil leaves.
- 53. Pad Prik** - chili, onions, bell peppers, water chestnuts, and basil leaves.
- 54. Pad Prik King** - chili paste, Kaffir leaves, greenbeans, and ground peanuts.
- 55. Pad King** - chili, ginger, onions, bell peppers, mushrooms, and black fungus.
- 56. Pad Him Ma Parn** - chili paste, onions, bell peppers, and cashew nuts.
- 57. Pad Ruam Mit** - cabbage, broccoli, carrots, onions, bell peppers, mushrooms, and baby corns.
- 58. Pad Prieu Wan** - with sweet & sour sauce, tomatoes, onions, cucumbers, bell peppers, carrots and pineapple chunks.
- 59. Pa Ram Lonk Sonk** - steamed cabbage, mushrooms, carrots, and broccoli, topped with peanut sauce.
- 60. Pad Tua Ngok** - bean sprouts, onions, mushrooms, baby corns, and broccoli.



## NOODLES

- 61. Pad Thai** - medium-size rice noodle, egg, onions, fried tofu, bean sprouts, and ground peanuts.
- 62. Pad Thai Woon Sen** - vermicelli noodle, egg, onions, fried tofu, bean sprouts, and ground peanuts
- 63. Pad Se Ew** - wide rice noodle, egg, and broccoli, topped with cilantro.
- 64. Pad Kee Mao** - wide rice noodle, egg, bamboo shoots, bell peppers, basil leaves, broccoli, bean sprouts, and chili sauce.
- 65. Rad Na** - wide rice noodle, broccoli, carrots, baby corns, and mushrooms, in clear gravy sauce.
- 66. Crispy Rad Na** - crispy egg noodle, broccoli, carrots, baby corns, and mushrooms, in clear gravy sauce.
- 67. Pad Woon Sen** - bean vermicelli noodle, egg, onions, broccoli, carrots, mushrooms, tomatoes, and cucumbers, topped with cilantro.
- 68. Pad Kua Kai** - Wide rice noodle with marinated chicken, egg, lettuce and green onions, topped with cilantro.
- 69. Thai Noodle Soup** - medium-size rice noodle, bean sprouts and green onions.
- 70. Beef Noodle Soup** - Rice noodle in stewed beef with celery, bean sprouts, and green onions, topped with basil leaves.
- 71. Curry Noodle** - rice noodle, basil leaves, cabbage, carrots, mushrooms, and broccoli in red curry sauce.
- 72. Chow Min** - medium-size egg noodle, onions, baby corns, mushrooms, bean sprouts, celery, carrots, and broccoli.

## CURRIES

- 73. Red Curry** - eggplant, bamboo shoots, bell peppers, and basil leaves.
- 74. Green Curry** - eggplant, bamboo shoots, bell peppers, green beans, and basil leaves.
- 75. Yellow Curry** - potatoes, carrots, onions, and bell peppers.
- 76. Mussaman Curry** - potatoes, carrots, onions, and peanuts.
- 77. Pa Nang Curry** - green beans, and Kaffir leaves.
- 78. Gang Puck** - classic style red curry sauce, mixed with cabbage, carrots, mushrooms, broccoli, and snow peas.

## B. B. Q S

- 79. Thai B.B.Q. Chicken** ..... \$ 11.95  
Half chicken, marinated in homemade Thai style B.B.Q.sauce.
- 80. Thai B.B.Q. Spare Ribs** ..... \$ 11.95  
Spare ribs, marinated in homemade Thai Style B.B.Q. sauce.
- 81. Nuah Yang** ..... \$12.95  
Top Sirloin Steak, marinated in homemade sauce, grilled and served with Thai style chili sauce.
- 82. Thai Teriyaki** ..... \$ 9.95  
Grilled marinated-chicken breast with steamed broccoli, and carrots.
- 83. Khao Naa Kai Tod** ..... \$ 9.95  
Battered lemongrass chicken breast, and deep fried. Served with a side of Three-Flavored sauce, and garden salad.

## FRIED RICE

- (# 84 & 85) Chicken, Beef, or Pork.....\$ 8.95 Shrimp or squid.....\$ 9.95 Combination Seafood.....\$ 11.95**
- 84. Khao Pad** - Thai fried rice with your choice of vegetarian or meat, onions, egg, tomatoes, snow peas, and carrots.

**85. Khoa Pad Ga Prau** - Thai spicy fried rice with your choice of vegetarian or meat, egg, onions, bell peppers, chili, and basil leaves.

**86. Crab Fried Rice** .....\$13.95  
Fried rice with egg, onions, snow peas, carrots, tomatoes, and fresh crab meat, topped with cilantro.

**87. Pineapple Fried Rice** .....\$12.95  
Fried rice with shrimp, egg, cashew nuts, pineapple, and green onions, topped with cilantro.

Side Orders: Steamed Rice....\$ 1.00, Sticky Rice....\$ 1.75

## TARARIN SPECIALS

**T-1. Choo Chii** .....\$15.95  
Your choice of Prawn or Fish, simmered in curry paste with Kaffir leaves, basil leaves, bell peppers, cabbage, and snow peas.

**T-2. Garlic Prawn** .....\$15.95  
Prawns, sautéed in homemade garlic sauce with celery, cabbage, carrots, and steamed broccoli.

**T-3. Sweet and Sour Fish** .....\$11.95  
Deep-fried Trout, topped with sweet & sour sauce, mixed with pineapple, bell peppers, onions, tomatoes, cucumbers, and basil leaves.

**T-4. Pla Jian** .....\$11.95  
Deep-fried Trout, topped with a tasty sauce, sautéed with ginger, mushrooms, onions, bell peppers, celery, and ground chicken.

**T-5. Spicy Catfish** .....\$11.95  
Catfish, mixed with onions, bell peppers, basil leaves, bamboo shoots, and eggplant, sautéed in Thai style chili paste.

**T-6. Ruam Mit Talay** .....\$13.95  
Assorted seafood (Shrimp, Scallop, Squid, Mussel), with a mixture of cabbage, broccoli, onions, carrots, bell peppers, mushrooms, baby corns, and basil leaves.

**T-7. Swimming Lady** .....\$11.95  
Grilled-chicken breast, marinated in Thai herbal sauce, and topped with peanut sauce. Served over assorted steamed vegetables.

**T-8. Isan Combo** .....\$15.95  
An authentic dish, a combination of Thai B.B.Q Chicken and Green Papaya Salad, accompanied by Sticky Rice.

**T-9. Showering Angel** .....\$15.95  
Prawns, sautéed in homemade garlic sauce with celery, spinach leaves, carrots, and steamed broccoli, topped with peanut sauce.

**T-10. Pineapple Curry** .....\$12.95  
Red curry with shrimp, pineapple chunks, bell peppers, and basil leaves.

**T-11. Duck Curry** .....\$12.95  
Roasted duck, simmered in red curry with pineapple chunks, tomatoes, bell peppers, and basil leaves.

**T-12. Thai Pumpkin Curry** .....  
**Vegetarian, Chicken, Beef, or Pork** .....\$10.95

**Shrimp or Squid.....\$ 11.95 or Seafood** .....\$13.95  
Your choice of vegetarian or meat with Thai pumpkin, bell peppers, and basil leaves, simmered in red curry sauce.

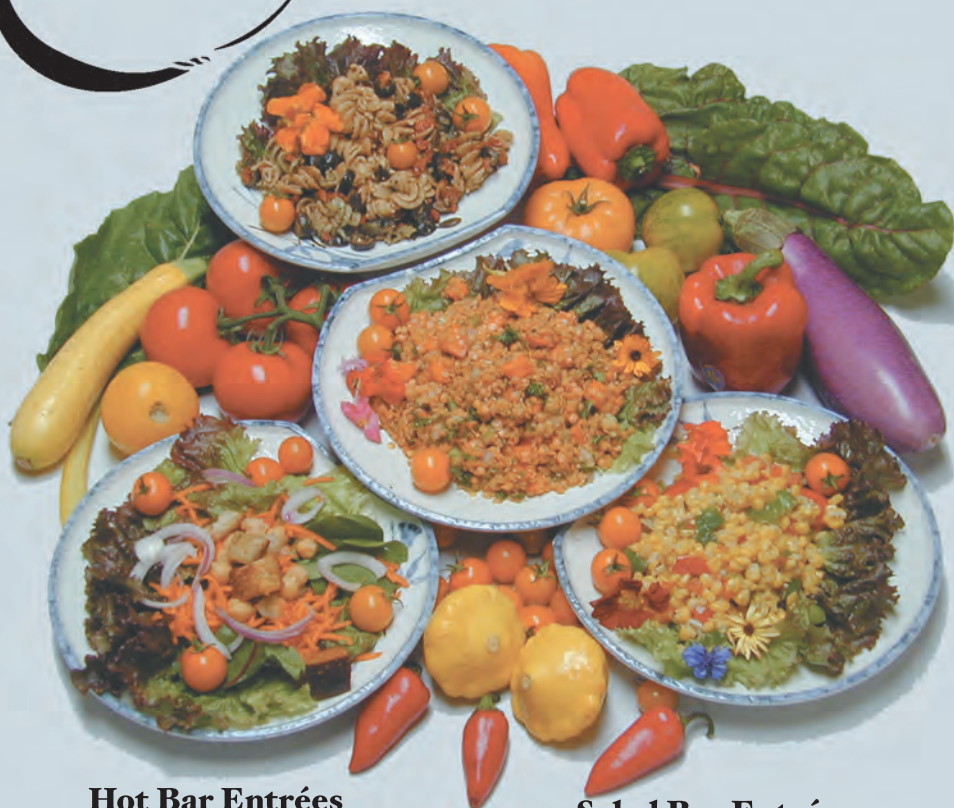
**T-13. Crispy Basil Garden** .....\$11.95  
Your choice of ground chicken or ground pork and shrimp, sautéed in unique Thai chili paste with bell peppers, and onions, topped with crispy basil leaves.

**T-14. Fancy Eggplant** .....  
**Vegetarian, Chicken, Beef, or Pork** .....\$10.95

**Shrimp or Squid.....\$ 11.95 or Seafood** .....\$13.95  
Eggplant, onions, bell peppers, garlic, and basil leaves, sautéed in a mixture of chili paste and chili jam.

# Sundance

## ORGANIC KITCHEN\*



### Hot Bar Entrées

11am - 9pm

Mac-n-Cheese  
Home Roast Potatoes  
BBQ Tofu or Tempeh  
Creamed Corn/Unchicken Strips  
Vegetable Curries & Stir-fries  
Tempeh Tacos

### Food to Go

7am - 11pm

Four Varieties of Hummus  
Dolmades & Pakoras  
"My Cousin Rini's Chatzilim"  
Fantastic Cakes, Cookies, Bars,  
Muffins & Scones

### Salad Bar Entrées

10am - 9pm

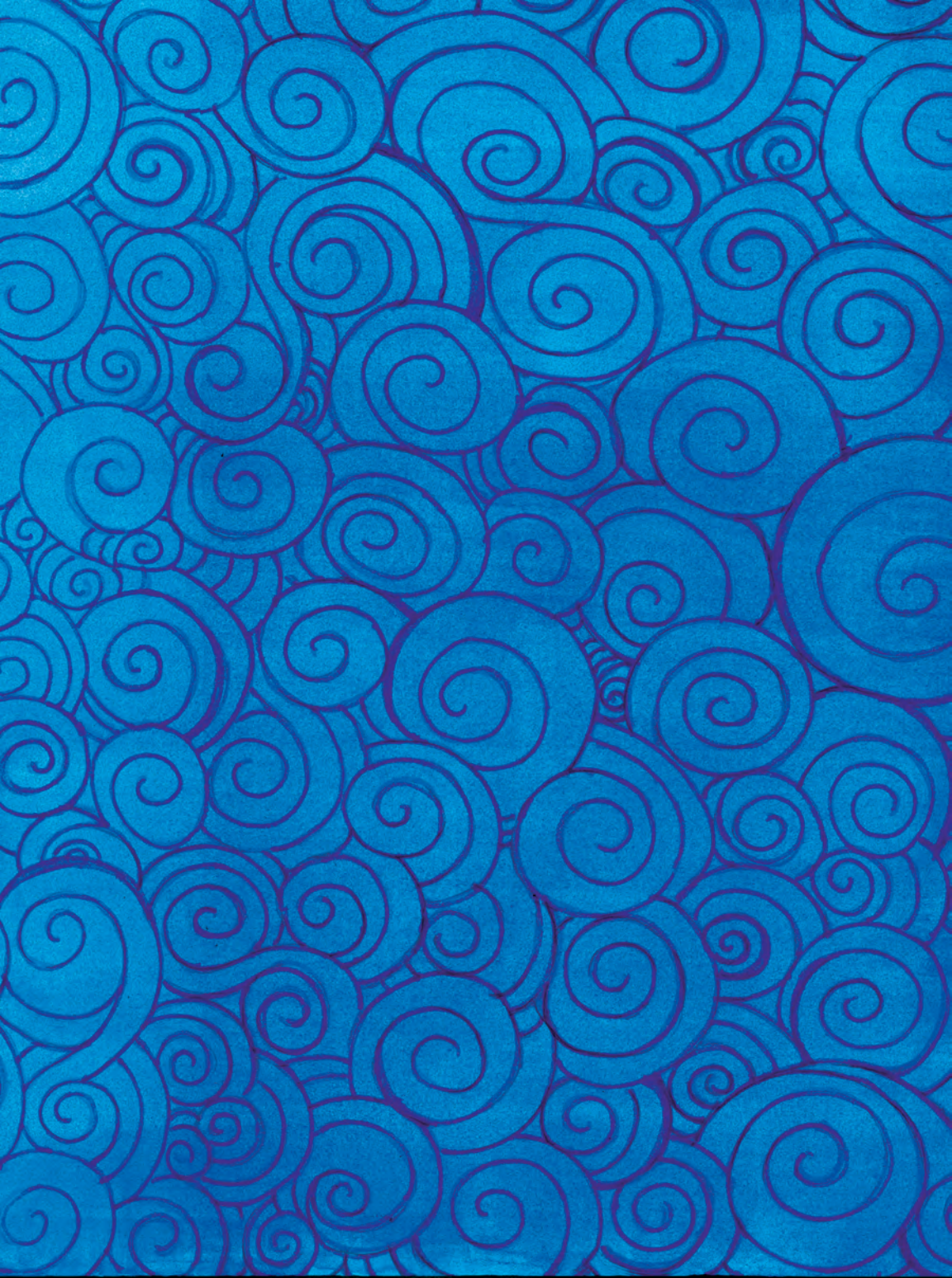
Asian Noodle Salads  
Fruited Rice Pilaf  
Many Raw Prepared Salads  
Garlic Tahini Dressing  
Heart Healthy Flax Dressing  
Bombay Tempeh  
House Chili  
Soups of the Day

on any given day, we may serve  
any of the above, as well as many  
other items

\* all offerings are organic,  
most are vegan

24th & Hilyard • 343-9142 • open 7am - 11pm  
sundancenaturalfoods.com









EUGENE  
**weekly**

**M E N U   G U I D E   2 0 0 5**